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5 PROBLEMS, 1 SOLUTION SEE HAIR STRONGER, SHINIER



LORÉAL

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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE. ©2015 Maybelline LLC.





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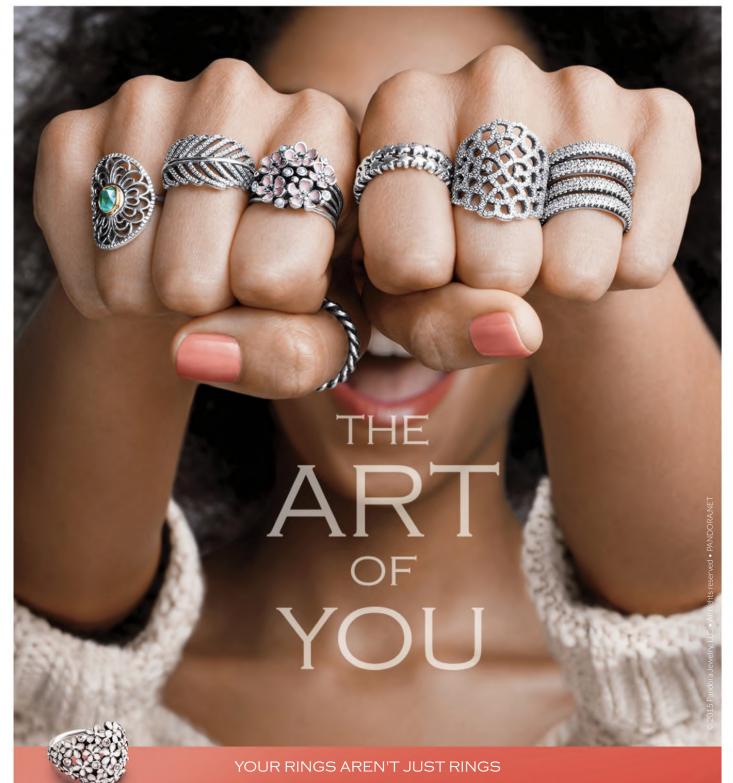
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On the cover

Alison Sweeney photographed by Brian Bowen Smith. Hair: David Keough. Makeup: Corina Duran. Manicure: Mariel Pizarro. Stylist: Nicolas Bru. See shopping guide, page 150, for clothing and makeup details.



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It's the little things

As I'm writing this, I've just celebrated my 10th wedding anniversary with my husband, Conley. It's one of those milestones that feels both extraordinary (10 years, really?) and immaterial—I'm super-proud of the life we've built together, but I believe the best bits of marriage are found in the everyday details, not the huge, violinsare-playing events. Grand gestures can't compare to the fact that he makes me coffee every morning even though he doesn't drink a drop. Or the way he lets

me put my freezing feet on him as soon as he gets into bed. Or how he can make me laugh, even on my worst days, by executing some absurd rump-shaking dance moves with a dead-serious expression on his face. That's my definition of marital bliss: making the daily slog feel lighter, even joyful, because you have someone you love, trust, and rely on at your side. In fact, when we asked a thousand REDBOOK readers who brings them the most happiness, 44 percent answered "my partner"—while only 37 percent answered "my kid" (for that and more revelations, turn to page 152). There's lots of interesting relationship-y stuff in this issue, including some guy perspectives on the institution of marriage (page 108 and page 110). But what inspired me most came from our cover girl, Alison Sweeney. She has yearly check-ins with her husband where they air small grievances, give each other praise, and agree on joint goals. (This woman is completely type A, but it's such a good idea, right?) She reveals on page 92 that what topped her recent gratitude list was the time her husband noticed her phone was running low on juice and plugged it in. "I know how small it seems, but it made me feel taken care of," she says. Those tiny kindnesses really do act as marital cement. Warm feet = happy heart? In my case, absolutely!



MEET OUR BEAUTY DIRECTOR!

The amazing Tory Kirby helps me daily, like telling me which foundation I need based on how much sleep Laot. Now you can get one-on-one advice from her at Saks Fifth Avenue in New York City on August 6; sign up for a session (\$40) with her and a Saks beauty brand at lookgoodfeelbetter .org/register. It's for a great cause: to help women undergoing cancer treatment.





Then and now...

In our engagement photo (top), and smooching it up recently. I can't believe he puts up with me, for real.

I WANT TO KNOW HOW YOU'RE LIKING THE MAGAZINE! Please, don't hold back-give me your honest opinion and you could win \$5,000. See details on page 30

Meredith Meredith Rollins, Editor-in-Chief

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weekend with

a patterned scarf

and jeans.

-ANN WANG

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in a soft, gray V-neck from the Gap. I can dress it up for work with a fun necklace, heels, and a skirt, or pair it with jean shorts and flip-flops. Seriously, it goes everywhere.

-AKILAH HENRY



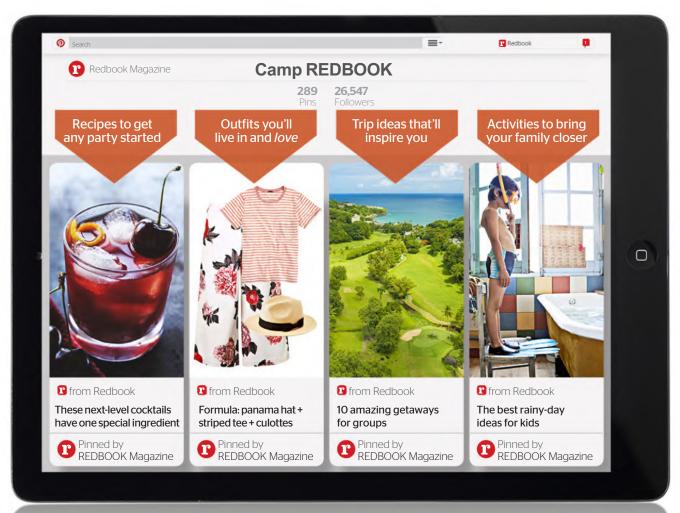
MERYL STREEP

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Picture yourself happy

Girls' night, family time, vacay—we've got all your summer fun covered in one simple (and, okay, maybe a little bit addicting) place on our Camp REDBOOK board at **pinterest.com/redbookmag**.





Juicy beach reads, right here

All you'll need to complete your perfect afternoon are an ice-cold margarita and a sun hat. Our resident book experts will be suggesting their favorite novels on our @redbookmag Instagram feed every Saturday. Read their picks and tell us what you think in the comments—or share your own must-read with our followers. Use the hashtag #SummerReadsSaturday to join the book club, and you may see your pic and review regrammed to our feed. Happy reading, REDBOOK nation!



REDBOOK 1

Got burning questions? Consider this your safe space. Send your queries to our experts by email at redbook@hearst.com, or on social media using #AskREDBOOK.



Cake is heavy in the summer and Jell-O feels so 1950s, but every backyard party needs a dessert. What will go best with my hamburger-and-hot-dog menu? -Erin Hadden, Wayne, PA

Summer desserts shouldn't involve a lot of fuss, which is why I love a trifle—it's super-easy. You can make individual ones in cups or mason jars or throw everything in one big bowl and call it a day. Just layer some store-bought angel food cake that's been cut into cubes, instant pudding, and fresh berries, and top it off with whipped cream. Also, you can make a trifle way ahead of time (two days!) and store it in the fridge—it only gets better."—Leslie Robarge, deputy editor



Q My grandmother's wingback chair could use a little modernization. How can I reupholster it without completely losing the antique-y feel? –*Lisa Pena, Coral Springs, FL*



You're in luck: The classic wingback shape has an antique vibe no matter what it's covered in, so you can have some fun with fabric. Just steer clear of loud prints and colors—they can be too distracting—and keep the legs natural for a polished look. These cool fabrics from Joann's (from top: \$29.99 per yard, \$49.99 per yard, \$49.99 per yard; joann.com) will bring it into 2015 without breaking the bank."

—Emily Henderson,

Team Red columnist

Q I struggle with brown sun-damage spots on my face. What's the best way to get rid of them? -Laurie McCabe, Syosset, NY



wonders: They fade existing spots and prevent new ones from forming. I like L'Oréal Paris Youth Code Dark Spot Correcting & Illuminating Serum Corrector, \$24.99. It contains one of the most effective forms of vitamin C, and the pump will keep the ingredient stable. Just add SPF and you're all set!" — Victoria Kirby,

HEY, DON'T BE A STRANGER!







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1 shirt, endless possibilities

Ah, the pinstriped shirt. You can wear it now, straight through till... well... forever, says Brad Goreski. These are his favorite new ways to put it to work.

Brad Goreski is a cohost of Fashion Police on E! network and styles stars like Rashida Jones and Jenna Dewan Tatum.





The most versatile and flattering button-downs have a clean front (pockets can be bulky) and a curved hem that hits just past your hip.



PLAY WITH LAYERS

Instead of under the usual pullover, wear it beneath a boxy, tummy-hiding tank.

Shell, \$88; bodenusa.com. Pants, \$34.94; oldnavy.com. Sizes XS to 4X. Earrings, \$16.99; worldmarket.com. Rings (from top): Luv AJ, \$42; cameonouveau .com (20% off with code REDBOOK20). \$12;

cocolovesrome.com. Shoes, \$39.95; justfab.com.



MIX UP VIBES

The shirt's boyish appeal makes ladylike pieces feel jaunty— and the vertical stripes and pleats work to elongate your body.

Cardigan, \$128; vineyardvines.com. Skirt, \$158; nautica.com. Necklace, \$46; oliveand piper.com (20% off with code REDBOOK20). Bag, \$148; anntaylor.com. Shoes, Calvin Klein, \$129; zappos.com.



ADD FUNKY EXTRAS

Dress it down in the chicest way with a rugged vest, boyfriend jeans, and chunky heels.

Vest, Mossimo, \$27.99; target com. Sizes S to XXL. Jeans, \$36.94; oldnavy.com. Sizes O to 20. Earrings, \$22; sterling forever.com (25% off with code REDBOOK25). Ring, \$14; cocolovesrome.com. Bag, \$149; tallbots.com. Shoes, Carlos by Carlos Santana,

\$99; macys.com.







Make under-eye bags disappear

"Covering puffiness with a light concealer actually makes it *more* noticeable," says Mally Roncal. Her easy tricks work their magic in the subtlest way possible.

Makeup artist Mally Roncal has worked with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

Whether you've had too much soy sauce, cried at a sad movie, or stayed up all night with a teething baby—like Sweta, here, did—you're probably all too familiar with under-eye bags. "I can't hide how wiped out I am, even with concealer," Sweta told me. So I first had her smooth on a cooling eye gel with a curved metal applicator (try Mally Beauty Perfect Prep Soothing Eye Gel, \$35), which redistributes fluid under the skin as you massage it on. Then I gave her a simple makeup routine that will help her look well-rested, even when she's decidedly *not*.

Applying concealer just under the bags really worked. They're gone!

-OUR MODEL-FOR-THE-DAY, ACTRESS AND MOM SWETA KESWANI, 37





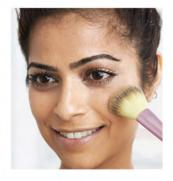
Start by covering only DARK CIRCLES Brush a
concealer that's two shades
lighter than your skin on
the shadowy semicircle just
under the puffy part. (Putting
it right on the bag highlights
it.) Set with loose powder.



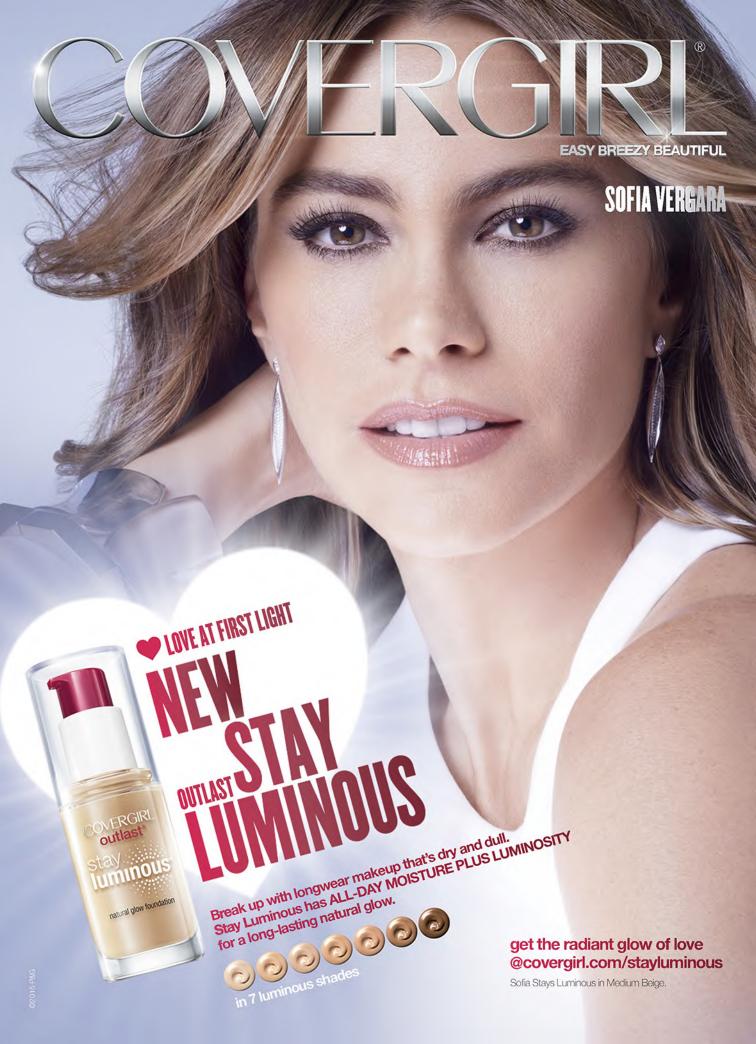
PLAY UP LIDS AND LASHES
A champagne shadow that's sheer and shimmery will brighten your eyes and shift the focus up and away from bags. Then, to make eyes look more open, curl your lashes and swipe on mascara.



LIGHTLY DEFINE YOUR BOTTOM LASH LINES Use a small brush to trace them with a soft brown shadow a couple of shades darker than your skin. (Black is too harsh.) This smoke-and-mirrors trick diminishes the look of bags.



ADD A SWEEP OF COLOR
A sheer pink blush dusted
on the apples of your cheeks
will give you a healthy
radiance that enlivens and lifts
up your entire face. Under-eye
bags? Exhaustion? You sure
can't see any of that now!



D.I.Y. a vertical garden

You don't need any special skills or even a green thumb to create this living wall, built from a standard piece of \$34 handrail. Emily Henderson has the how-to.



Emily Henderson is a stylist, decorator, HGTV Design Star, mom, and D.I.Y. guru.

There are so many things to love about this project. First: It's crazy-simple. If you can hammer a nail and tie a knot, you've got this. It's also a brilliant, colorful solution for dressing up drab exterior walls—just imagine a few of these beauties lined up—or for creating a flower garden in a super-tiny space. And while I keep mine outside, I'm thinking of putting one in my kitchen as an herb garden to enjoy year-round.





FINISH YOUR RAILING. I used this premade 6-foot handrail from the Home Depot (\$33.97). Because it's already pressure-treated, it will stand up like a champ to the elements. I added a coat of exterior stain, but you could leave it as is. A coat of colored paint would also look great—just use an exterior paint.



PREP YOUR POTS. If your containers don't already have hanging hardware (like the window box I used on the bottom), choose a pot with a lip. Wrap twine three times around the underside of the lip, then tie a knot. Make a 1-inch loop with the long end, then tie it off.



PUT IT ALL TOGETHER. This is when you finally have to take out a tool. Hammer plain old nails into the rungs where you want to attach the pots and hook the loops over them. If your pot is tiny (like these succulents), one nail should do the trick. For larger plants, tack in two side by side for extra support.



SHOPPING FOR BLINDS? RAISE YOUR EXPECTATIONS.

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Cures for your cooking mistakes

Before you pick up the phone to order a pizza, heed this advice from resident cooking genius Carla Hall, who is here to help you salvage almost any dish.

Carla is cohost of The Chew and author of Carla's Comfort Foods: Favorite Dishes From Around the World.

On *The Chew*, I call these "goin' be" moments. As in, "It's goin' be okay." A lot of times, when a dish goes wrong, people think all is lost. Not true. Sure, there are some instances when you're out of luck—see below for those—but with some strategic thinking, you can rescue just about anything. Bad news for your dog, who is probably lusting after those overcooked chicken breasts, but good news for you.



SADLY, THERE ARE SOME THINGS YOU JUST CAN'T FIX... As Kenny Rogers would say, you've got to "know when to fold 'em." It's hard letting go of a dish you messed up, but sometimes you just have to. Burned garlic, burned chocolate, burned butter: These things simply don't taste good, and there's no way to get around that. So shake off your mistake and start over. It's okay—it's just cooking!



TOO SALTY

If you're cooking a soup or stew, throw in a potato: Its starch will soak up a lot of that salt. Or simply add a few glugs of unsalted stock to the pot (but never add water, which will dilute the flavor). If it's a piece of meat you've over-seasoned, make it an ingredient in another dish—put it in an omelet or a salad (with a low-sodium dressing).



TOO SWEET

For a dessert, add an acid (lemon or lime juice) or a simple whipped cream. These will take away the sweetness while still boosting flavor. Sometimes a store-bought barbecue sauce or a tomato sauce will be over-the-top sweet; try a splash of vinegar to balance it out. But start slowly—vinegar is a super-powerful ingredient that can get overwhelming if you use too much.



TOO SPICY

There's a reason people from India eat yogurt with their food: to tone down the spice! For something like a curry, you need milk or coconut milk in the sauce—the lactose will mellow it out. Maybe a piece of meat has a crazy hot sauce or rub on it? Load it with cheese and turn it into a quesadilla. If you fear you've made a stir-fry too spicy, some rice or noodles will absorb the heat.



OVERCOOKED

Chicken breasts can go from juicy to dry in an instant. When you've got a piece of meat that's overcooked, make a pan sauce with some stock, wine, and herbs, and keep reducing it until it has thickened. Then slice the meat and put it into the sauce. And don't throw away your overcooked veggies! Chop them up and toss them in pasta. If you want to be fancy about it, purée them, adding stock and nuts to make a pesto that you can eat on pasta or spread over a slice of toast.





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The power of investing in yourself

Spending on small luxuries can be a smart financial move—if you do it strategically. Listen up as finance expert Nicole Lapin says, "You deserve that daily latte!"

Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.*

That's right: I'm giving you full permission to buy that morning Starbucks. True, other financial experts will tell you to ditch your small expenses to save money—and technically, yes, forgoing that daily latte might keep about \$1,500 in your pocket per year. So now you're thinking, What's up, Nicole? Why don't you want me to save \$1,500? I believe you have the potential to save more than that, even with a store-bought coffee in hand. Hear me out.

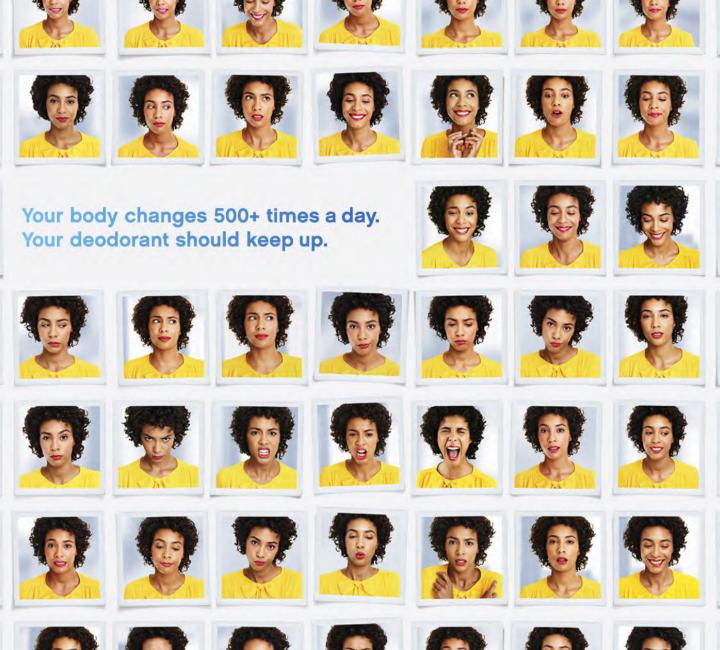
Your time is money. Think of yourself as having billable hours, because your time is valuable: There is a finite number of minutes in the day, and you're busy. To calculate your hourly rate, divide your monthly income by the number of hours you work per month. Let's say you value your time at \$20 per hour, and it takes you one quarter of that hour to brew coffee at home (don't forget about cleaning the pot). Sure, you're saving \$5, but that same 15 minutes is also worth \$5—or maybe more, which would make that latte cheaper than brewing your own. The same idea applies to a homemade lunch or a manicure that takes you 45 minutes but a pro 15. Doing everything yourself burns you out. If you choose to buy one or two of those things instead, you'll get those minutes back, feel less frazzled, and have more energy to tackle your day. Maybe you'll use that extra time at the office and work your way to a raise down the line. Or maybe you'll spend those minutes refinancing your mortgage. Either way, stop getting bogged down by D.I.Y.-ing it all and start thinking big picture.

Little "luxuries" can pay dividends. I'm not suggesting you spend willy-nilly on anything you want. Believe me, I know the importance of being thrifty and finding extra dollars; I've sold my old clothes and haggled for better rates on bills. But I also put stock in small expenses that make me more organized, confident, and productive. I subscribe to trade magazines to



stay up on my industry, I take a cab when I need to be on time to a big meeting, and I get a manicure before work events to feel like my most polished, powerful self. Some people might say these expenses are frivolous, but I make them consciously and I take them seriously. Even a haircut or a lipstick, if it makes you look professional, is an important buy. Many studies have linked confidence to higher salaries and better performance—and many others show that women tend to lack that confidence, according to Claire Shipman and Katty Kay, coauthors of *Womenomics*. So invest in the things that help you feel like a winner! There are areas to cut back in, but tools for self-betterment and career enrichment do *not* fall into that bucket.

Denying yourself can backfire. Here's another way to look at this: Crash-dieting rarely works, right? It leads to bingeing later. If I denied myself a latte, I'd feel cranky and strapped, so I might make a pricier purchase elsewhere—research has linked poor spending choices and compulsive shopping to the need for a mood boost. So smartly placed buys can help you abstain from costly impulsive ones. (I have an unused Pilates machine at home to prove it.) Trust me, depriving yourself and putting too many demands on your time leaves you feeling poor and stressed. When you invest in yourself and value your time, you're telling others that they should, too. And *that* is a recipe for success.

























*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.

"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."

Now with more
vitamins than
the leading
prestige moisturizer.

New Olay
Total Effects 7-in-One,
from the world's #1.
In just 4 weeks,
skin looks up to
10 years younger.



YOUR BEST BEAUTIFUL™

BEAUTY

PHOTOGRAPHED BY Christopher Coppola

Double your glow These blush-bronzer palettes

These blush-bronzer palettes make you look like you've spent the day at the beach, even if you've only been soaking up rays from your computer. Swirl the shades together and dust on your cheeks, nose, forehead, and chin for an easy, pretty radiance.

From top: E.I.f. Studio Contouring Blush and Bronzer Powder in Antigua, \$3; Sephora Collection Sun Disk Bronzer, \$24; Physicians Formula Super BB All-in-1 Beauty Balm Bronzer & Blush in Light/Medium, \$13.95; Maybelline New York Face Studio Master Hi-Light Light-Boosting Bronzer in Deep Bronze, \$9.99; Bobbi Brown Shimmer Brick in Sunset Pink, \$46.

STYLIST: SARAH GUIDO AT HALLEY RESOURCES.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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Beauty is in the eye of the beholder—and



- **1** A flick of gold liner is as versatile as your tried-and-true brown but way more fun. CoverGirl Ink It! by Perfect Point Plus in Golden Ink, \$7.49.
- 2 Suds up sans soap: This cute sponge has a citrus-floral body wash built right in. Spongellé Body Buffer in Papaya Yuzu, \$16.
- **3** Put that blow-dryer down! A drop of this cream on damp hair helps it air-dry to silky perfection. Bumble and Bumble Don't Blow It (H)air Styler, \$14 for 2 oz.
- 4 If you like the smell of fresh linen (and who doesn't?), you'll want to carry this crisp li'l scent with you wherever you go.

 Clean Cool Cotton Rollerball, \$20 for 0.34 oz.
- **5** A mix of mineral pigments and peptides in this eye cream both conceal and treat dark circles, while the chilly metal applicator de-puffs. Garnier BB Miracle Skin Perfector Eye Roller, \$12.99.
- 6 This gray-blue shadow can be brushed on gorgeously sheer or built up to a sultry, smoky finish. CK One Color Into the Blue Powder Eyeshadow in No. 420 Tide, \$15.
- 7 Made to deliver the most curl possible, this lash curler is less wide and more curved than most. Tweezerman ProCurl Lash Curler, \$20.
- **8** A double-duty orb that adds a warm flush of color to your lips and cheeks. Physicians Formula All-in-1 Cheek & Lip Beauty Balm in Berry Pink, \$6.95.
- **9** Such a great mascara—it lifts and defines lashes while nourishing them with vitamins and cucumber extract. 50 readers will win Rimmel London Wonder'lash Lift Me Up Mascara, \$9; see page 150 for details.
- 10 These polishes dry to a glossy finish that stays chip-free for a week. OPI Infinite Shine Gel Effects Lacquer in S-ageless Beauty (left) and Purpletual Emotion, \$12.50 each.
- **11** This pretty peony lip crayon perks any complexion right up. Jane Iredale PlayOn Lip Crayon in Charming, \$18.
- 12 Pining for your beach vacation? This all-natural hand soap smells just like sunny ocean air. Nest Fragrances Ocean Mist & Sea Salt Liquid Soap, \$22.
- 13 Smooth this tinted, vitamin C-rich lotion on bare skin or dab it on top of cheeks; either way it'll give you a rosy, fresh-faced radiance. The Body Shop Vitamin C Instant Glow Enhancer, \$24.
- **14** Instantly nix unflattering shine with a dusting of this feather-light powder. BareMinerals Ready Touch Up Veil, \$23.
- 15 This sexy cherry lip stain won't melt off in the heat of the summer—or the moment. NYC New York Color Smooch Proof Liquid Lip Stain in Get Noticed!, \$2.99.

in the hands of whoever has these!



LOVE YOUR CONTRIBUTE CONTRIB

The key to a fantastic cut is finding one that works with your texture, your aesthetic, and—most important—your life. That's the motto of **Chris McMillan**, the man behind Jennifer Aniston's years of great hair (including *that* iconic look) and celebrity hairstylist for Living Proof hair care. He helped four REDBOOK readers unlock their signature style, and with his tips, you'll discover yours, too.

By Gina Way Photographed by Alexandre Weinberger

THE MODERN, CHOPPY LOB

ALICE AN, 37

Why it works: "Alice's super-thick, wavy hair looks better when it's shorter, because then the natural texture and volume come out," says McMillan. "Plus she's petite, so less hair balances her proportions." And since Alice was up for a big change, McMillan went for it, lopping off more than a foot of hair to give her an angled lob that skims her shoulders in the front and the top of her neck in back. "This not-too-short shape

works with all hair types—on fine hair, it'll boost body," he says. Then, to bring out Alice's waves even more, McMillan sliced in a few long layers all around.

Alice's take: "The last time my hair was above my shoulders was in college, so I'd forgotten how much easier it is! My long hair was such a chore to manage—this is the opposite. When I blow-dry, I don't even need a brush: I just flip my head upside down and toss my hair around with my fingers and it's dry in five minutes."

Harry Josh Pro Tools Pro Dryer 2000, \$250.







This test paper demonstrates the Dove difference.



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This test paper represents proteins found in skin. After just 90 seconds of direct contact with soap, the proteins are weakened.

With 1/4 moisturizing cream and mild cleansers,

Dove helps your skin maintain its own natural moisture.

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THE WASH-AND-GO SHOULDER-GRAZER

ANGELA WILCOX, 41

Why it works: When McMillan asked Angela, a busy mom with two young kids, how many minutes a day she spends styling her hair, her answer was *zero*. "So I simply refreshed her medium-length cut to do all the work for her," he says. "Angela has fine hair but a lot of it, plus she colors it blonde, which gives it some texture. So adding long layers

throughout and around her face helps bring out her natural volume. Now, with a little styling spray or cream, her hair will air-dry to a tousled finish."

Angela's take: "I still spend no time on my hair, but it looks great! All I do is scrunch styling cream in my ends while my hair is damp and it dries into a pretty, beachy style. My hair has a lot more body now, and Chris said I wouldn't need another cut for four months. It's been three months so far, and my hair just keeps getting better."

Living Proof No Frizz Nourishing Styling Cream, \$26 for 4 oz.





A POLISHED, VERSATILE BOB

RUBY CAMPBELL, 41

win

Why it works: Ruby asked for a cut that she could wear natural or straight, so McMillan blow-dried her curls smooth *before* going in with his scissors so he could home in on the details. He gave her an asymmetrical bob with a front section that falls just below her chin. "To keep the style from being too blunt, I razored the ends of the front pieces," he says. "Now, when Ruby wears her hair natural, her curls will dry into a nice shape."

Ruby's take: "It used to take me over two hours to straighten my hair—these days, it takes half that long because my hair is more lightweight and just behaves better. Same goes for when I wear it curly: Before, my hair would pouf out. Now, with a little curl cream, it dries exactly how I want it to. This cut takes care of itself!"

L'Oréal Paris EverCurl Hydracharge Leave-In Cream, \$8.99. (25 readers will win it; see page 150 for details.)

POSITIVELY UPLIFTING energy





SIP IN GOOD. GIVE OUT GREAT.



Beauty fixes to cook

How's this for all-natural products? These recipes work wonders on your hair,



COMPLEXION-BRIGHTENING SCRUB

The strawberry and lemon in this concoction are both sources of vitamin C, which helps fade dark spots and boost radiance. The brown sugar gently sloughs away dry skin flakes. Use twice a week on damp skin, then follow with moisturizer.

-From Lindsay Ellingson, cofounder and creative director of Wander Beauty cosmetics

- 4 ripe strawberries, mashed
- 3 Tbsp extra-virgin olive oil
- ½ cup brown sugar
- Juice of ½ lemon

COCO-HONEY DEEP-CONDITIONER

Nutrient- and protein-packed coconut oil and hydrating honey make for an intensely nourishing, reparative hair mask. Spread through clean, damp hair from roots to ends—or, if you have fine hair, just from ear-level down. Leave on for 30 minutes, then rinse. Use once a week or whenever hair feels dry.

-From Michele Periquet & Firouze Zeroual of wellness and lifestyle brand Reset Yourself

- 3 Tbsp coconut oil (for short hair, use 2 Tbsp)
- 1Tbsp honey





CALMING CUCUMBER FACIAL TREATMENT

Your skin will drink up this cooling mask, thanks to water-rich, anti-inflammatory cucumbers, which contain high levels of caffeic acid to quell swelling and irritation. Slather on the mixture, then kick back for 15 minutes before washing it off.

-From New York City dermatologist Amy Wechsler, M.D.

- ½ cucumber, puréed
- 2 Tbsp plain yogurt

up in your kitchen

face, and body, and they're quite literally good enough to eat. BY MARISSA OLIVA



SUGAR & HONEY BODY POLISH

Greek yogurt and brown sugar both contain alpha hydroxy acids, which dissolve dead skin, while the sugar granules also act like a scrub for extra smoothing. Then, the honey and olive oil lock in moisture. Rub the paste on clean, damp skin for a minute, and rinse.

-From Beverly Hills, CA, dermatologist Ava Shamban, M.D.

- 1 cup brown sugar
- ⅓ cup olive oil
- ½ cup Greek yogurt
- 2 Tbsp honey

SOOTHING MAKEUP REMOVER

Both oils in this silky emulsion dissolve stubborn makeup and grime on contact (no eye-rubbing needed) and deliver antioxidant vitamin E; coconut oil is also antibacterial. Blend them together in a small bowl, then swipe over your face and eyes with a cotton pad. Rinse off with warm water.

-From Clara Williams, a certified aesthetician and founder of the Skinnyskinny organic skin-care line

- 2 Tbsp olive oil
- ½ Tbsp coconut oil



GENTLY EXFOLIATING FACIAL MASK

A combo of salicylic acid from strawberries and lactic acid from Greek yogurt helps unclog pores for clear, glowing skin, and the brown sugar softens. Leave the mask on for 10 to 20 minutes before buffing off with a damp washcloth.

- -From Tata Harper, founder of the all-natural Tata Harper Skincare line
- ¼ cup Greek yogurt
- 1 Tbsp brown sugar
- 4 ripe strawberries, mashed



Secrets of a 51-year-old bombshell

Yes, Elle Macpherson does work at looking this good, but her method is so easy, it'll be working for *you* in no time.

REDBOOK: The first question on all our minds is: How do you stay in such great shape?

ELLE MACPHERSON: I love being outdoors and doing sports like swimming, biking, and hiking. As I've gotten older, I've increased my joy factor. Even if I'm in New York City or London, I'll choose to walk rather than exercise in a gym.

RB: You must be really diligent about sun protection, then.

EM: Oh, yes. I wear broad-spectrum SPF 50 daily. La Roche-Posay makes good sunscreens, and I also like Invisible Zinc, which is a physical sunscreen. And I wear a cowboy hat whenever I'm at the beach.

RB: What else do you use for skin care?

EM: I exfoliate my face every day and my body twice a day—I shower in the morning and the evening. I use a body brush, which boosts circulation, and I always moisturize afterward. If I'm at the beach, I'll just blend some moisturizer with sand and rub the mix all over my body, then rinse off in the ocean.

RB: You inspire major hair envy. What's your routine? EM: I shampoo and condition every two to three days, and I usually air-dry my hair because I'm not very skilled with a blow-dryer! When I go swimming, I'll slather on a hair mask, then put on a swim cap. And in the summer, I often walk around with wet-looking hair that has a treatment in it—I think that keeps it healthy. I also like a good beach spray to create some texture: Unite makes a nice one.

RB: You've mastered the art of natural makeup. What's your everyday look?

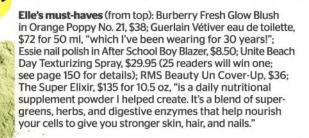
eweliner and smudge it with my finger and a Q-tip, then I put on lip liner and gloss. I use RMS Un Cover-Up concealer, which is creamy, to hide my sun spots and dark circles, but I use powder sparingly, mainly just around my eyes. My skin is more yellow, so bronze and peachy makeup colors work best. I fill in my brows with a very pale blonde eyebrow pencil from either Bobbi Brown or Laura Mercier, and I love super-dark nail polish.

RB: What's the coolest beauty trick you've learned?

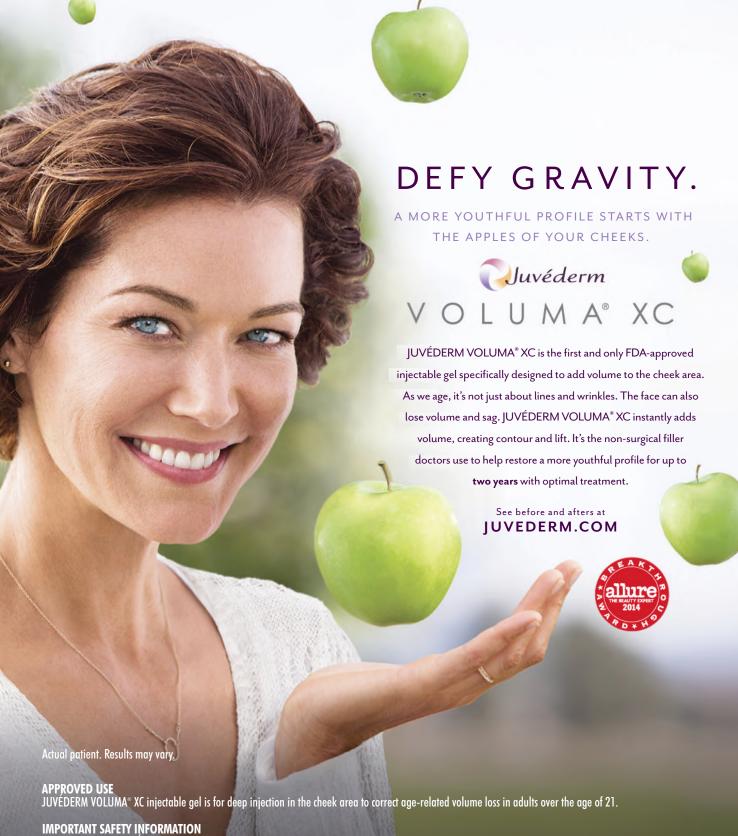
EM: A makeup artist taught me to emphasize my cheekbones. If you can draw attention to them, it gives you a wide-eyed, youthful look without having to put on a lot of makeup.

RB: How did it feel turning 50 last year?

EM: I feel very secure within myself—strong, happy, and motivated. Hopefully I've gained some wisdom over the years. And I have a sense of humor about my mistakes. I've accepted that I don't always get it right, but it's not the end of the world! —As toId to Kate Sullivan







You should not use JUVÉDERM VOLUMA* XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA* XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA* XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.





5 beauty tricks I just learned

Ugh, the dog days of summer. Fortunately, beauty director Victoria Kirby has forged a path to healthier hair, makeup that beats the heat, and finding a scent you'll truly love.

Your phone can lead you to your perfect nailcolor.

Have you ever shelled out money for a polish that looks gorgeous in the bottle, only to find that you don't like how it looks on you? Yeah, me too, which is why I'm all about Sally Hansen ManiMatch, a new, free mobile app that lets you virtually try on the brand's 200-plus hues. The app scans your hand and creates a 3-D rendering with your specific skin tone, then suggests colors for you by showing them on your hand (you can also scan a bottle's bar code to try it on). Trust me, it's a game changer!

Complete Salon Manicure in Red My Lips, \$7.99.

Memory is your best scent quide.

With all the beautiful new perfumes out this season, I asked Lisa Hoffman, founder of Lisa Hoffman Beauty fragrances, how to choose one you'll wear again and again. "When it's hot out, a light, airy scent is ideal," she explains. "Then, think back to your fondest summer memories of a place or event. Close your eyes and remember the smells, then steer toward similar notes." Picturing a backyard or picnics? You may enjoy a juicy citrusfloral like Ralph Lauren Ralph Fresh eau de toilette (\$74 for 100 ml). Seeing a beach? Philosophy Sea of Love eau de toilette (\$46 for 2 oz) smells like salty air and tropical flowers.



To help self-tanner last, skip alcohol. Nah, not the cocktail kind—I'm talking body products, people. "To maintain a self-tan, avoid spray sunscreens and fragrances, many of which contain a type of alcohol that can fade the color faster," says Francine Krenicki, SVP of product development for Skinfix skin care. "Then, to help your glow stay even, moisturize daily with a lightweight lotion," like Skinfix Daily Lotion, \$17.99.



Water stops eyeshadow from creasing.

Don't let the humidity keep you from wearing your favorite eyeshadow. Just follow the advice of makeup artist Daniel Martin, who works with Jessica Alba: "If you dampen your brush with water

before applying a powder shadow, it'll help the color bind to your lids as it dries so it doesn't fade or crease," he told me. I tried his tip with my personal faves, Dior 5 Couleurs Eveshadow Palette in Victoire 116 (\$62) and the shadow brush from Sonia Kashuk Ombré Obsessed Seven-Piece Brush Set (\$25.99). I even did it on a 90-degree day, and it worked.

The sun is frying your hair!

Turns out it's not just chlorine or saltwater that's making your strands brittle. Studies suggest the sun's rays themselves damage hair's cuticles. So always use a UV-protecting product, and

here's good news if you have fine hair like I do: There are finally texturizing sprays with UV filters. Sun Bum Beach Formula Sea Spray (\$14.99) gives it that post-ocean look (25 readers will win it; see page 150 for details), while Alterna Haircare Bamboo Beach Summer Ocean Waves Spray (\$22) creates softer texture.



MAJCHRZAK/STUDIO D. STYLIST: ALEJANDRA SARMIENTO AT HALLEY RESOURCES. NEIL FLETCHER AND MATTHEW WARD/GETTY IMAGES. MODEL:727INC.COM/FOLIO-IDCOM. KIRBY: J RYAN ROBERTS/STUDIO D.

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*Unretouched NAKED MANICURE™ shown. Results achieved in one application.

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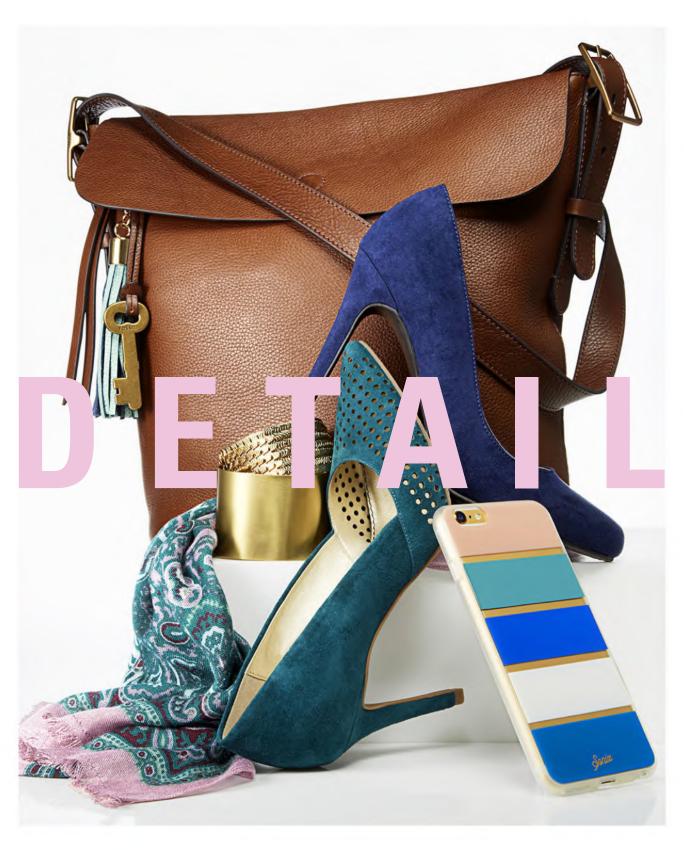




Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. #QuakerUp





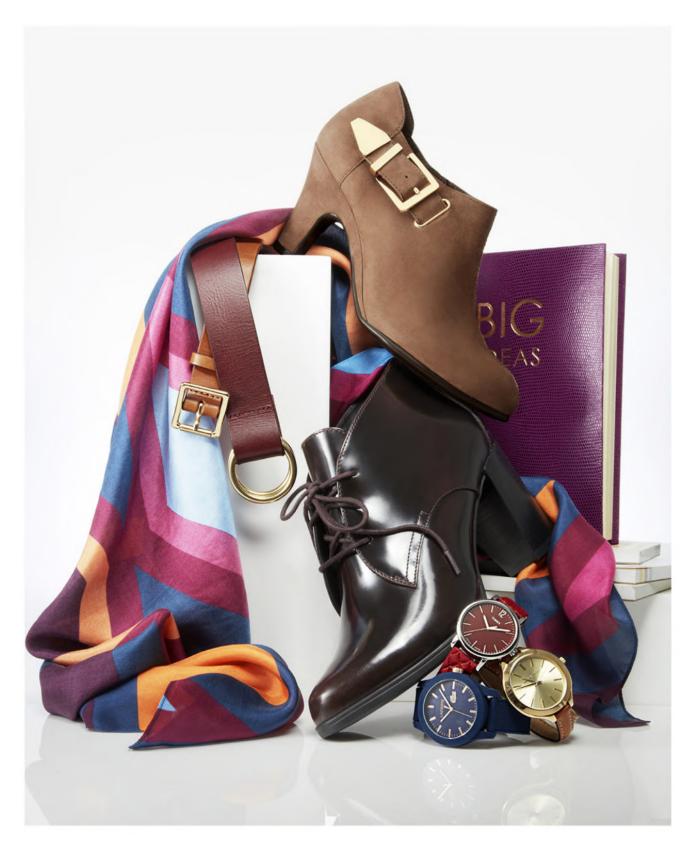


LOOK FOR UNSTUFFY CLASSICS

Because, admit it, you don't need another pair of black pumps—and these jewel-tone heels are just as versatile and much more interesting.

PUMPS, FROM TOP LC Lauren Conrad, \$59.99. Audrey Brooke, \$59.95. BAG Fossil, \$248. KEY FOB (ON BAG) Graphic Image, \$25. CUFFS, FROM TOP Shinymix, \$32 (20% off with code REDBOOK20). Marlyn Schiff, \$42. SCARF Talbots, \$59.50. PHONE CASE Sonix, \$39.99. PHONE iPhone 6 Plus, from \$299.





GO FOR STREAMLINED SHAPES

When it comes to chunkier accessories, keep them sharp and clean; anything too big or tricked-out can overwhelm an outfit.

BOOTIES, FROM TOP Aerosoles, \$89. Clarks, \$140. SCARF Bindya NY, \$138. BELTS, FROM TOP L.L.Bean, \$69. Gap, \$29.95.

Sizes XS to XXL. WATCHES, CLOCKWISE FROM TOP Timex, \$70. Michael Kors, \$195. Lacoste, \$185. NOTEBOOK Sloane Stationery, \$52.



GIVE A NOD TO THE OLD BOYS' CLUB

There's something so cute-yet-commanding about new versions of boardroom mainstays, like oxfords and briefcase-style clutches. SHOES, FROM TOP JustFab, \$39.95. Calvin Klein, \$109. BAG French Connection, \$68. TABLET Amazon Fire HD 7, \$139. CHOKER Janna Conner Designs, \$175 (20% off with code REDBOOK2O). NECKLACE Melinda Maria, \$118. BELTS (BLACK) Lands' End, \$29. (MAROON) Ann Taylor, \$49.50.





JAZZ UP YOUR SHEATH DRESS

A delicate fringe-y necklace and chic oversize clutch will take it right from the office to some well-earned drinks.

GLASSES Corinne McCormack, \$62. NECKLACE Stella & Dot, \$59. DRESS Donna Morgan, \$138.

BRACELETS Express, \$26.90 for set.

CLUTCHES, FROM FRONT

Ann Taylor, \$68. Deux Lux, \$80 (20% off with code REDBOOK20).

FASHION DIRECTOR:
Jennifer Hitzges
HAIR: Kevin Woon
at Jed Root
MAKEUP: Stefanie Willmann using RMS Beauty at See Management MANICURE: Rachel Shim at ABTP

PROP STYLIST: Sharon Ryan at Halley Resources

See shopping guide, last pages, for details.



HIGHLIGHT YOUR PERSONALITY

It's the little things—from your glasses to your Starbucks-run gear (a slim pouch you can throw in your tote)—that'll make you shine.

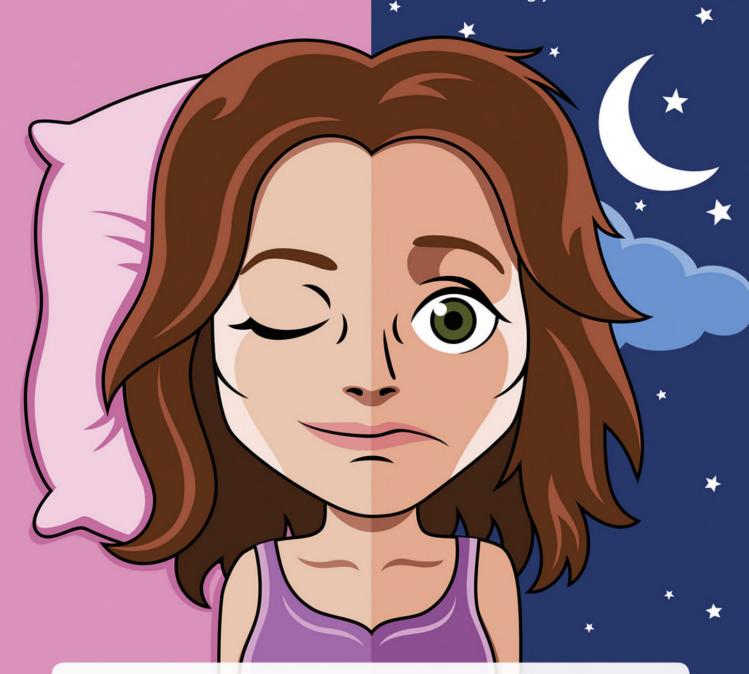
CLUTCHES, FROM TOP Banana Republic, \$120. Boden, \$108. NECKLACE Shinymix, \$34 (20% off with code REDBOOK2O). TABLET

Samsung Galaxy Tab S 8.4, \$399. GLASSES, FROM TOP Eyebobs, \$79. EyeBuyDirect, \$39. BRACELET Capwell + Co., \$59 (20% off with code REDBOOK2O).



Wake

Could the wake system in your brain be causing your insomnia?



Your brain has a wake system and a sleep system. When you have insomnia, the neurotransmitters in your wake system may be too strong. This may be preventing you from getting the sleep you need.

Talk to your doctor about managing your insomnia | Learn more at: WhyAmIsoAwake.com





EXPLORE YOUR SWEET AND GIRLY SIDE

1 A purse that could double as a traffic sign: Everyone will stop and ask where you got it. Bag, Danielle Nicole, \$48; amazon.com. 2 This glitzy treat comes with its own bow. Ring, \$27; sterlingforever.com (25% off with code REDBOOK25). 3 A modern, thoroughly lovely take on the romantic floral print. Skirt, \$48, lulus.com (25% off with code RBLULUS). 4 This fuchsia clutch literally has a silver lining. Clutch, \$48.40 (includes 20% discount using code REDBOOK20); nila-anthony.com. 5 Slip on these heels night or day for a shot of glamour. Heels, \$34; qupid.com (20% off with code REDBOOK20). 6 Foxy and flattering, thanks to the fit-and-flare shape. Top, \$46.90; eloquii.com (30% off with code REDBOOK30). Sizes 14 to 24. 7 Pair this bracelet with a simple dress and (poof!) you're ready for the ball... or, yeah, that nice new bar. Bracelet, \$18; ashandwillow.com (15% off with code REDBOOK15).

PHOTOGRAPHED BY Don Penny AUGUST 2015 / REDBOOKMAG.COM



8 The high-low hem gives this super-feminine top some edge. Top, Simply Vera Vera Wang, \$44; kohls.com. 9 Useful studs with an attention-getting twist. Earrings, \$16; cocolovesrome.com (20% off with code AUGREDBOOK2O). 10 This silky skirt says, "I'm a lady and I like it." Skirt, Mossimo, \$19.99; target.com. Sizes XS to XXL. 11 Throw some sparkle around your waist. Belt, \$14.99; chadwicks.com. Sizes S (6) to XL (20). 12 Pink skinny jeans: Come on, how cute are they? Jeans, \$19.90; forever2l.com. 13 A ring fit for a royal (and you, of course!). Ring, \$47.50; emitations.com (20% off with code REDBOOKAUG2O). 14 Such a sassy little purple clutch. Clutch, \$38, and wrist strap, \$5; stephaniejohnson.com (20% off with code REDBOOK2O). 15 Leather cutout lace can go sexy or quite proper, whichever suits your mood. Pumps, Madison, \$39.95; shoedazzle.com.





16 This maxi guarantees you'll light up any room you enter. Dress, \$39,94; oldnavy.com. Sizes XS to XXL. 17 Summer swap! Sub out your go-to black skirt for this breezy navy one. Skirt, \$38; byerca.com (20% off with code REDBOOK20). 18 A bag worthy of creating an outfit (or 20) around. Bag. Emma and Sophia for QVC, \$38,50; qvc.com. 19 The perfect mix of cool looks and comfy functionality. Sandals, Wanted, \$49,99; bonton.com. 20 Whether it's a cocktail or a sweater, everything is better with pineapple. Sweater, Wilde Heart, \$47,25 (includes 25% discount using code RBLULUS); lulus.com. 21 A little burst of glitz for your earlobes. Earrings, \$32; cocoajewelry.com. 22 These shorts provide the wow factor your white tee needs. Shorts, Stylus, \$30; jcpenney.com. 23 Colorblocking makes a statement cuff even chicer. Bracelet, \$30; myjewelcandy.com.



Get inspired to try bold prints

A fun, punchy pattern has the power to make you look chic in two seconds flat. Take it from blogger Beck Delude (of manfattan.com), who has some seriously flattering how-to's.







Coming next month:

Our Real Woman Style Award winners will be on our September cover! Find the issue on newsstands August 18.



"It gives me the protection I need and my skin feels great too."

Natasha Lawson





The best bras We asked readers what they wanted. These answer your very specific pleas.



BEIGE THAT'S NOT BORING

You love a basic, but who wants to be bland? The lace here fixes that issue. \$46; ongossamer.com (20% off with code og20REDBOOK). Sizes 32 to 36A, 30 to 38B to C, 32 to 36D.



A SUBSTANTIAL BRALETTE

This comfy one has just enough padding to keep you from feeling exposed.

\$24.95; aerie.com. Sizes XS to XL.



THIS STRAPLESS STAYS PUT

Silicone strips in the band adhere to your body. Nice! \$62; soma.com. Sizes 32D to DDD, 34 to 40C to G, 42 to 44D to G.



THE TOTAL STEAL

For when you need to buy in bulk, these are insanely well-made.

Vassarette, \$16.98 for pack of 2; walmart.com. Sizes 36A, 34 to 38B, 34 to 38C.



PRETTY AND PLUS-SIZE

Because bigger should not ever equal uglier.

Cacique for Lane Bryant, \$38.50 to \$52; lanebryant.com. Sizes 40 to 44B, 36 to 46C to DDD, 38 to 44F to H.



PERFECT FOR PLUNGES

The low-cut front band won't peek out of deep-V tops. Felina, \$44; designerintimates .com (20% off with code REDBOOK20). Sizes 34 to 36B, 32 to 38C to DD.



A FOXY RACERBACK

Floral lace and a vibrant color make this a lovely departure from the usual sporty look.

Affinitas, \$32; lindasonline.com. Sizes 32 to 38B to DD.



INVISIBLE UNDER ANYTHING

High sides and a seamless back nix lines and rolls.

Warner's, \$40; macys.com. Sizes 34 to 36A, 34 to 40B to C, 36 to 38D.



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YOUR HIPS' BEST FRIEND High leg holes won't cut into your thighs. At all. Fruit of the Loom,

\$14.94 for pack of 6; target.com. Sizes 5 to 9.



SEXINESS FOR ALL SIZES

Girly accents create the ideal mix of naughty and nice.

Panache, \$34; amazon.com. Sizes XS to XXL.



SO AFFORDABLE!

These satiny skivvies remind us of an expensive cult-favorite thong.

\$2.99; forever21.com. Sizes S to L.



THE MUFFIN-TOP TAMER

The thick, high waist stops spillage, and stretchy fabric keeps them from riding up.

\$10; nononsense.com. Sizes S to XL.



THE CURE FOR VPL

Laser-cut edges make these a no-show under any type of clothing.

\$11.50; victoriassecret.com. Sizes XS to XL.



FULL COVERAGE THAT'S FUN

A dainty band and a rainbow of color options make these anything but granny-ish.

Vassarette, \$3.98; walmart.com. Sizes M to 3XL.



THESE WON'T DIG INTO YOU

The soft, stretchy lace lies flat against your body.

\$11; soma.com. Sizes XS to XL.



WORK OUT IN THESE

You won't see or feel this seamless, moisture-wicking thong under your yoga pants.

\$16; lululemon.com. Sizes S to L.

The best smoothers These keep you sleek—not gasping for air all day long.



THE THIGH MASTER

A light bike-short style works better than a slip under dresses and skirts.

\$22; jockey.com (20% off with code REDBOOK). Sizes S to 2XL.



WON'T SMUSH YOUR CHEST

This tank has control material only in the tummy area—smart.

DKNY, \$50; macys.com. Sizes S to XL.



A PLUS SUPERSTAR

It's seamless and reversible. Secret Solutions, \$44.99; fullbeauty.com (20% off

highest-priced item with code FBREDBOOK). Sizes 14 to 40.



BUM-FLATTERING BOTTOMS

The sheer backside panels mean this gives you a flat tummy, not a flat tush.

\$60; triumph.com. Sizes S to XL.

CHRONIC MIGRAINE



MYCHRONICMIGRAINE.COM

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5 ways to dress awesomely for less

THE PIECE YOU'LL WEAR EVERYWHERE

Look, Ma, no sleeves! A crisp black vest has the same polish-youup and slim-you-down powers as a black blazer. Even better, the return on your investment is huge: Wear it now and you won't melt (we love how blogger Kelly Augustine used hers to dress up

white joggers),
or layer up when
the temperature
drops—the shapedefining darting
on this White House
Black Market
pick (left) will keep
you long and lean.
Vest, \$130; whbm.com.

BORROW FROM OUR CLOSET!

Gwynnie Bee, an all-plus-size clothing subscription service (sizes 10 to 32), is like Netflix for clothes. For one set monthly fee, you can borrow as many items as you likefor \$35 you get one item at a time, and when it's returned your next request is sent right out; it's \$59 to receive two items in one shipment. Head over to the gwynnie bee.com home page and click the REDBOOK Picks icon to check out our favorites (they're guaranteed to cure those end-of-summer wardrobe blahs). Also ah-mazing: You get the first month free.



[SHOE NEWS]

GO CUTE AND SO COMFY

Zuzii's adorable oxfords are handmade by a California-based mother-daughter team and will make you feel like you're walking on a cloud—since they practically mold to your feet. It's fortunate that this peachy shade works so

well for both summer and fall, because you won't want to take them off. Just don't sleep in them, okay?

Shoes, \$110; zuzii.com (10% off with code REDBOOK10).



HOW TO SHOP TO ALWAYS SAVE

"You need that—just buy it!" Sound familiar? In a recent survey by financial planning website You Need a Budget, 65 percent of women admitted to overspending when they shop with friends. Bottom line: If you don't want to end up with a bunch of things you'll feel guilty about later, meet up with your BFF after you hit the mall to let her see what you scored. If shopping together is your only time to bond, show her this, then pinkie-swear to keep each other in check.

BRIGHTEN UP YOUR BASICS

The colorful tassel necklace is to fashion what lipstick is to beauty: an inexpensive buy that makes you stupendously happy. The brighter and more fun, the bigger you (and anyone who sees you) smile. This cobaltand-orange one has us beaming.

Necklace, \$38; accessoryconcierge.com (20% off with code REDBOOKSUMMER).





The sweetest moment of your day.



PHOTOGRAPHED BY Matteo Colombo

Let yourself be amazed

It's time to fit "mind-blowing moment" into your schedule: People who often feel awe have healthier levels of certain infection-fighting proteins, a University of California, Berkeley, study revealed, and that can help you stave off heart disease and more. "Awe has a stronger link to this outcome than even love or joy," says lead study author Jennifer Stellar, Ph.D. That gave us chills.

For awe inspiration, we love dailyphoto.lighttravelers.com.



What eye doctors tell their friends

You can read this page, and that's all that matters, right? Not quite. As these M.D.'s will tell you, there's a lot you can do now to keep your eyes healthy for years to come.

BY LISA MULCAHY

STOP PUTTING WATER IN YOUR EYES

"A friend once asked, 'If I'm staying over with someone and I don't have contact solution with me, is it okay to wet my lenses at the sink?' I told her that it's absolutely *not* okay, and not because water is damaging to your contacts—it's dangerous for your eyes. Tap water can contain infection-causing pathogens, the worst of which is the acanthamoeba parasite: Expose your eye directly to it and you could end up needing a corneal transplant. So if you wear contacts, keep a travel-size bottle of solution with you at all times. In a pinch, simple saline, sterile water, or artificial tears can be used to rinse lenses too—or even your eyes, if you get something in them. Then be mindful when you shower or wash your face. You want to keep your eyes

closed as much as possible so you don't get water under your eyelids." -Rosalind C. Vo, M.D., an ophthalmologist at the Stein Eye Institute in Los Angeles and Doheny Eye Institute in Fountain Valley, CA

YOUR EYES MIGHT **BE TRYING TO TELL** YOU SOMETHING

"A friend of mine had a pretty serious bout of eye pain once; turns out she had developed an infection from sleeping in her contacts. We see things like that pretty regularly, as well as simple injuries (like scratches and pokes) that are suddenly

causing people discomfort. But eye pain comes in many forms, and sometimes the nature of the pain can point to another problem entirely. A burning sensation, for example, is indicative of dry eye, which can be associated with inflammatory diseases like arthritis or hormonal issues like menopause. Pain that radiates from other parts of your face to your eye can signal trouble in your sinuses. A chronic eye ache with inflammation can be related to anything from syphilis to meningitis. In other words, eye pain can be serious, so get to a doctor." - Joseph A. Eviatar, M.D., fellow of the American College of Surgeons and an oculo-facial, cosmetic, and reconstructive eye surgeon practicing in New York City

LASIK SURGERY **IS SERIOUS BUSINESS**

"I've had a few friends say they were getting LASIK like it was no big deal, and I find that so frustrating. I told them, 'LASIK isn't a casual procedure. It's surgery.' I think this laid-back attitude stems largely from the way LASIK is marketed: For a while, it seemed like you could get it done anywhere—even in a parking lot. That's ridiculous. You need to schedule a consultation at a reputable practice, first and foremost. Then your doctor should critically evaluate whether you're a good candidate for LASIK (not everyone is), manage your expectations (because you may not have perfect vision afterward), and warn you of any side effects (dry eye is extremely common). Be willing to pay for that level of care: When LASIK is done properly, it's not cheap. I question the skill of anyone who's advertising it for a couple hundred dollars, and I also question their honestychances are, extra charges will be added on later." -Alan N. Carlson, M.D., professor of ophthalmology at Duke University

CARROTS ARE GREAT, BUT SO ARE THESE

"People often ask me if carrots really do give you good vision. They can-carrots contain vitamin A, which helps the retina function properly. But I also tell my friends that the ultimate plate for eye health would be packed with foods they wouldn't expect: green leafy vegetables (like kale, spinach, and broccoli), which can help fight



macular degeneration, a chronic condition that can cause your vision to worsen as you age; types of fish that are rich in omega-3 fatty acids (like salmon, mackerel, and tuna), which protect against dry eyes; and citrus fruit, which promotes retina health. Eat the fish twice a week, and the fruits and veggies every day." —Rebecca Taylor, M.D., an ophthalmologist in private practice in Nashville and a spokesperson for the American Academy of Ophthalmology

GLAUCOMA ISN'T ONLY FOR THE ELDERLY

"I was so sorry to hear that a friend's mother had been diagnosed with glaucoma, which damages the optic nerve and may cause vision loss. When he asked me for advice. I told him, 'Get tested.' He was really surprised; like most people, he assumed glaucoma is a disease that happens to the elderly, and he's only in his late 30s. But glaucoma can happen at any age-even children get it—and your genes play a big role. If you have a first-degree relative with the disease, you're more likely to be diagnosed. (There are a number of eye conditions that run in families, so pay attention to them just as you would high blood pressure or diabetes.) Often glaucoma has no symptoms, but eventually you can suffer visual field loss, especially in the periphery of your eyesight, so it's important that you get checked even if your vision is fine. My friend did; thankfully, he doesn't have glaucoma now, but he's getting checked every six months so he can begin treatment if his eyes do change." -Stacy L. Pineles, M.D., an assistant professor of ophthalmology at the Stein Eye Institute in Los Angeles

YOU PROBABLY DON'T NEED AN ANNUAL EXAM

"My friends are always surprised to hear that for many people, a yearly eye checkup just isn't necessary. If you have an eye disease you're being treated for, then yes, it's important to be seen regularly. But let's say you've had two normal exams

There's no excuse not to wear sunglasses!

in a row-well, much like doctors allow healthy women to skip Pap smears, you can probably skip next year's vision exam as well. Always talk to your doctor to be sure, though, since other factors (like your occupation or family history) can come into play. In between exams, you should make an emergency visit if you experience any of the symptoms in my 'RSVP' list: 'R' stands for redness-if your eyes are suddenly red, you could have an infection that requires immediate care. 'S' is for secretion or sensitivity to light, both of which can indicate inflammation. 'V' stands for decreased vision, which can be caused by anything from cataracts to stroke. And 'P' is for pain—you could just be tired, or you could have something in your eye that's dangerous, so get it checked out as soon as possible." -Alan N. Carlson, M.D.

ANY SUNGLASSES ARE BETTER THAN NONE

"UV rays damage the surface tissues of your eyes, which can cause them to become chronically bloodshot and even increase your risk for cataracts and macular degeneration. So I remind my friends constantly to wear sunglasses, even on cloudy days. There's no excuse not to, and here's why: My colleagues and I conducted a study in which we went down to Venice Beach in California and bought sunglasses labeled with '100% UV Protection' from all of the vendors there. We then tested the glasses and found that even the cheapest pair was extremely protective against UV rays. The best style to buy is wraparound, so the sides of your eyes are covered. Darkly tinted lenses aren't any better at blocking UV rays, so choose any color you like—as long as you'll wear them." -Brian Boxer Wachler, M.D., director of the Boxer Wachler Vision Institute in Beverly Hills, CA

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Flat abs in minutes

Next time you're lounging with your phone or tablet—we bet it's next to you right now—try this plank series from Lisa Druxman, founder of Fit4Mom. It's magic for your tummy, but firms basically everything.





device on the ground in front of you and get in plank position, with your forearms on either side of the phone. Draw your butt down and belly in, so your body is straight and parallel with the ground; hold. Work your way up to 30 seconds.



STEP 2 Roll onto your right forearm, with your shoulder directly over your elbow and your feet stacked. Keep your abs engaged and your spine aligned. (Struggling? Drop your bottom knee to the ground.) Hold for up to 30 seconds, then return to center and repeat on the other side. Don't you feel tougher already?

PLUS, TWO MOVES FOR STRONGER ARMS

These exercises will improve your plank (and the way you look in sleeveless dresses).



ARM RAISES Sit on the edge of a chair, bend forward slightly, and make two thumbs-up signs, Druxman says. Keep your spine flat and neck straight. Extend both arms overhead to form a "Y," lower them straight out to your sides to form a "T," and lower again for an "A"; hold each shape for two seconds. Do 12 to 15 reps. Too easy? Add light dumbbells.



TRICEPS TONER Lie on your back with your knees bent and feet hip-width apart; hold an 8-to 10-pound dumbbell in each hand. Extend your arms straight up with your palms facing each other. Bend your elbows 90 degrees, then extend your arms back overhead for one rep. Do 10 reps.

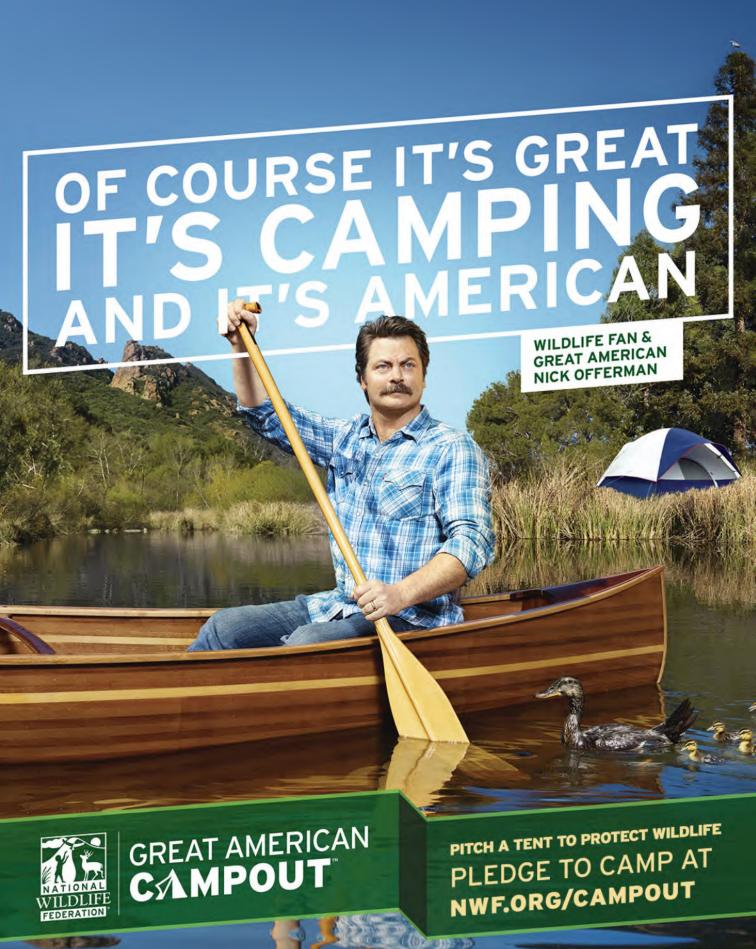


Photo: Emily Shur

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AUGUST'S SUPERFOOD

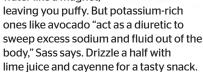
Basil

All this from a garnish? Spicy, licorice-like basil is a surprising source of vitamin K, which is crucial for strong, healthy bones. Plus, it's packed with flavonoids that can lower your risk for certain cancers and, according to registered dietitian Ellie Krieger, author of Weeknight Wonders, help keep blood sugar in check. (Which might mean fewer junk-food cravings!) Toss a couple more handfuls into your red sauce, or better yet, try basil in these easy recipes: **SATISFYING SMOOTHIE** Basil's natural sweetness makes juicy berries taste even better. Blend 1 cup frozen blackberries, 1/2 banana, 3/4 cup low-fat milk, 1 Tbsp almond butter, and 2 Tbsp chopped fresh basil. Sip for an antioxidant-filled breakfast. NO-FUSS SIDE Toss 12 oz halved cherry tomatoes with 2 cups cooked and cooled quinoa, ½ cup chopped fresh basil, ¼ cup toasted pine nuts, 2 Tbsp olive oil, 2 Tbsp balsamic vinegar, and salt and pepper to taste. Serve cold or at room temp in place of a mayo-laden salad at your cookout, and feel smug when everyone wants seconds. PROTEIN-PACKED SPREAD In a food processor, add a 15-oz can white beans (drained and rinsed), ½ cup chopped fresh basil, 1 clove garlic, 2 Tbsp olive oil, 2 Tbsp grated Parmesan, 1 Tbsp lemon juice, and salt and pepper to taste; process until smooth. Rich, creamy, and slightly sweet, it'll wake up your usual humdrum sandwich. - Marygrace Taylor

EAT THESE FOR A FLATTER BELLY BBQ and beach weekends can mean serious bloating. Cruel, right? Fortunately, these picks from Cynthia Sass, author of Slim Down Now, will nix it fast.

Avocado

High-sodium foods like hot dogs and boardwalk fries attract water like a magnet,



Flaxseed

Feeling backed-up is the worst. Thanks to their fiber and natural oils, these small-but-mighty seeds have a laxative effect that can help get things moving pronto,

Sass says. Whisk a spoonful of ground flaxseed (grinding unleashes more of the oils) into your favorite salad dressing.

Watermelon

flaxseed

Taking in even more water can help flush out the fluid your body is



holding on to, Sass says (counterintuitive, we know!). And at 92 percent water, this fruit might as well be a very tasty glass of H₂O. Try tossing cubes with feta cheese and fresh mint for a hydrating lunch. -M.T.



S'mores... but slimmer!

The campfire classic just got easier (as in: no campfire), more refreshing, and decidedly diet-friendly. And, because Hungry Girl Lisa Lillien's behind these ideas, crazy-delicious.



FREEZY PEACH COBBLER SANDWICHES

You could have fruit pie with ice cream for a whole mess of calories—or gobble up the same flavors in a better-for-you package.

In a small blender or food processor, combine ½ cup fresh or thawed-fromfrozen peach slices (unsweetened), ¼ cup slightly softened light vanilla ice cream, and ¼ tsp cinnamon. Pulse until smooth. Cover and freeze until it reaches a soft-serve-like consistency, about 30 minutes. Stir, then divide between 2 squares of a low-fat honey graham cracker. Top each with another square. Freeze until firm, about 15 minutes.

Makes 2 sandwiches. Per sandwich: 105 cal, 2 g fat (0.5 g sat fat), 2 g protein, 20 g carb, 1.5 g fiber.

FROZEN S'MORES SANDWICHES

This extra-chocolaty take is for those who don't think it's *really* dessert without chocolate.

Stir 12 mini marshmallows into ½ cup slightly softened light chocolate ice cream. Divide mixture between 2 squares of a chocolate graham cracker. Top each with another square. Freeze until firm, about 25 minutes. Makes 2 sandwiches. Per sandwich: 135 cal, 3.5 q fat (1.5 q sat fat),

FROSTY KEY LIME PIE SANDWICHES

2.5 g protein, 23.5 g carb, 1 g fiber.

A little protein boost (in this case, from Greek yogurt) in my sweets keeps me from wanting another snack 20 minutes later.

Mix ½ cup fat-free plain Greek yogurt, 1½ Tbsp sugar, and 1 Tbsp lime juice (key lime, if you can find it). Cover and freeze until it reaches a soft-serve-like consistency, about 30 minutes. Stir, then divide between 2 squares of a cinnamon graham cracker. Top each with another square. Freeze until firm, about 40 minutes.

Makes 2 sandwiches. Per sandwich: 134 cal, 1.5 g fat (<0.5 g sat fat), 7 g protein, 24 g carb, 0.5 g fiber.

E

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These

could save



ou might know the digits of your cholesterol and blood pressure and the date of your last Pap smear, but that's only part of the bigger picture. These are the less familiar numbers you need to know to stay healthy. Bone up on them now.

BY DANA HUDEPOHL

Times you have to switch out your toothbrush in a year

After three months, the bristles become too worn down or frayed to effectively remove plaque, says Kyle Stanley, a faculty member at the Herman Ostrow School of Dentistry at the University of Southern California. Plus, they're crawling with bacteria. The next time you buy a new toothbrush, write an expiration date on the handle, and always pitch it after vou've been sick: Germs can spread to nearby brushes. Fascinating, no? And gross.

IN DECIBELS, THE VOLUME AT WHICH YOU SHOULD BE ABLE TO HEAR

That's the equivalent of leaves rustling; if you can't hear them, you may be suffering from hearing loss. (Yes, even now.) A simpler test: Stick a square of masking tape on the back of your TV remote and write down the volume you find most comfortable when you're alone. Then check every six months or so to see if that number is creeping up, suggests Leigh Kjeldsen, an audiologist in private practice in the San Francisco Bay Area.

Servings of fruits and veggies you should get a day

If you don't count potatoes, the average American gets a mere three servings of fruits and vegetables a day. Women who eat a daily intake of 2,000 calories should get nine. If that's too daunting, aim for at least five, says JoAnn Manson, M.D., chief of preventive medicine at Brigham and Women's Hospital in Boston. "When you fill up on healthier foods first, you'll naturally eat less red meat, unhealthy fats, refined carbs, and added sugars," she says, cutting your odds of heart disease, stroke, certain cancers, and vision loss, to name a few. Here's how to measure them out:

Vegetable serving = 1 cup raw leafy veggies; ½ cup other vegetables Fruit serving = 1 medium fruit; ½ cup chopped, cooked, or canned fruit

The minimum number of IUs of vitamin D you need daily

You'll be doing your future old-lady self a disservice—setting her up for fragile bones that are prone to fractures—if you don't supplement with at least the recommended daily

allowance of vitamin D, and preferably as much as 2,000 IUs. Vitamin D strengthens bones in a number of ways, including helping your body better absorb and use calcium, says Robert Eastlack, M.D., codirector of the San Diego Spine Fellowship at Scripps Clinic. Add weight-bearing exercise two to three times a week for an even bigger benefit. "You're 'training' your bones to adapt and strengthen no differently than when you train your heart with cardio," Eastlack says.



STEPS TO AIM FOR OVER THE COURSE OF THE DAY

We know: You've always heard 10,000, and 10,000 is awesome. But research shows that 7,500 steps a day will do, says Catrine Tudor-Locke, Ph.D., who

studies walking behaviors at Louisiana State University's Pennington Biomedical Research Center in Baton Rouge. The perks include lowering your risk of heart disease, stroke, and diabetes, and possibly even keeping your weight in check. If you're not using a fitness tracker, simply aim for at least two and a half hours of walking each week-it's fine to do more some days than others, Tudor-Locke says. And, sorry, but it'll take more than a few trips to the vending machine.

The maximum number of drinks you should have in an average week

We don't have to remind you that a glass of red with dinner can be a good thing. But make sure you're cutting yourself off at seven drinks a week. According to the National Institute on Alcohol Abuse and Alcoholism, eight or more is considered risky drinking and increases your chances of sleep disturbances, depression, liver problems, alcoholism, and some cancers. And don't even try to rationalize that weekend buzz as "catching up" when you've skipped drinking all week-it doesn't work that way. "For a woman, more than three drinks is bingeing," says Kevin Hill, M.D., director of the Substance Abuse Consultation Service at McLean Hospital in Belmont, MA. As for those health risks we just mentioned, bingeing regularly only makes them worse.

YOUR CHEEKS

Little cuts or tags in your mouth may be a sign that stress is getting to you, since many of us chew on we're anxious, says David Lewis, fellow of the International Stress Management Association. If you're having a bad day, "take a walk," he says.

Months it should take a pimple, scar, or scaly spot to heal

If it's longer than that, book it to your dermatologist to make sure it's not basal or squamous cell carcinoma, the most common forms of skin cancer. "Patients often say, 'It looked like a pimple' or, 'I thought it was eczema," says Chrysalyne D. Schmults, M.D., assistant professor of dermatology at Harvard Medical School. That's the problem: New cancers don't look like much. If a spot doesn't heal on its own in six to eight weeks, your doc needs to take a look-don't just wait until your annual skin check.



In inches, the upper limit for a healthy waist

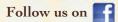
Anything above that places you in a danger zone. "Belly fat isn't just a storage depot," Manson says. It actually produces hormones and inflammatory messengers that circulate through your body, upping your risk for a bevy of chronic conditions. To find out where vou stand, wrap a tape measure around your waist at your belly button (don't suck it in). Not happy with what you see? The good news is that losing even an inch will improve your health by lowering your cholesterol and blood pressure.

The number of times your heart should beat per minute when you're at rest Once a month, before you get out

of bed, find your pulse and count the beats for 15 seconds, then multiply by four—that's your resting heart rate, and it can reveal a lot. "If your heart rate is chronically higher than the normal range, that's going to put more stress on your heart," says Manson, exposing you to a greater risk of heart disease. Fortunately, you can do something about it. (Unfortunately, that thing is *not* watching more Netflix.) Try amping up your cardio—the more effective your workout, the lower that number will become. In fact, well-trained athletes average 40 to 60 beats per minute, according to the American Heart Association.

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5 habits that make you healthier

BE KIND TO YOUR FEET!

The number of high heels-related injuries has doubled in the last decade, as high as 19,058 in recent years, according to research from the University of Alabama, Birmingham. And get this: Nearly half of them happened at home, "High heels aren't inherently dangerous, but they can become so when worn on stairs, for example," says lead author Gerald McGwin, Ph.D. "Always consider the setting." You're at home. girlfriend. Leave those gorgeous shoes in a big, messy pile next to the door.

BRIBE

Proof that money talks: "There's great potential for financial incentives to help thwart unhealthy behaviors," says Scott D. Halpern, M.D., Ph.D., whose work in The New England Journal of Medicine shows that cash is far more effective at helping smokers quit than nicotine replacement and counseling. Every time you skip a pack of cigarettes or the drive-through or whatever's wrecking your good-health goals, put the cash you would have spent toward something you want even more—like a girls' weekend at a spa.



GET A BOOK ON TAPE People are up to 51 percent more likely to hit the gym Time to break that

body

when they have an audiobook to listen to, according to a University of Pennsylvania study. Researchers say it's all about bundling something you should do (30 minutes on the elliptical) with something you want to do (finally listen to Liane Moriarty's Big Little Lies). Try Scribd for unlimited access to their library for \$8.99 a month—and then only listen to your picks when

you're on the move.

Command the room

late-night snack

habit. Not eating

"People decide in seconds whether or not to take you seriously," says Margaret A. Neale, Ph.D., coauthor of the new book Getting (More of) What You Want. So the next time you're faced with a pushy doctor or a stingy boss, sit tall with your chest open and your **shoulders back.** Research shows it'll give you confidence and may even alter your body's chemistry in a way that helps you feel less stressed and more powerful, she says.





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ydream your way to the top

Life's tedious tasks (looking at you, filing!) have a plus side: They can spark a sudden boost of creativity, according to a recent study. "When your mind wanders due to boredom, you begin to think on a subconscious level and make unexpected connections, similar to what happens while you're dreaming at night," explains study coauthor Sandi Mann, Ph.D., a psychology lecturer at the University of Central Lancashire in the U.K. So before your next brainstorming meeting, put aside some time to watch paint dry.

HOW TO BE THE BIGGEST WINNER, BY

SWeeney

Work hard, do your best, then take the scariest risk you can think of. The inspiring star shows the way to success, however *you* define it.

IF ANYONE KNOWS HOW DIFFICULT CHANGE CAN BE, IT'S ALISON

Sweeney. For 13 seasons she's had a front-row seat to watching contestants transform their bodies and lives as host of *The Biggest Loser*. And as a REDBOOK contributor, Ali has been refreshingly candid about her struggles to maintain a healthy weight. So when she decided to step back and reassess her career a few years ago, this self-confessed "creature of comfort" admits that the prospect of a full-on do-over was terrifying.

"I kept asking myself, Is this where I want to be?" says the 38-year-old. "I realized there were things I hadn't given myself the chance to pursue, and if I didn't go after them now, I might never." For seven years Ali had maintained a grueling schedule that divided her time mainly between her hosting duties on Loser and her role on Days of Our *Lives*, oftentimes at the sacrifice of friends, sleep, and family (Ali and her husband, Dave Sanov, a Los Angeles police detective, are parents to Ben, 10, and Megan, 6). So she tossed the play-it-safe rule book that had successfully guided her career and walked away from her role on Days, a job she'd held since she was 16: "As hard as it was, it has inspired me to make my other dreams come true." And no, those dreams do not include lounging by the pool and eating bonbons. When I jokingly ask Ali if that's what she's

BY LORI BERGER PHOTOGRAPHED BY BRIAN BOWEN SMITH



PREVIOUS SPREAD: HAIR: DAVID KEOUGH AT CELESTINE AGENCY. MAKEUP: CORINA DURAN AT EXCLUSIVE ARTISTS MGMT USING DIOR. MAN TOP: L'AGENCE. JEANS: GAP. BELT: RALPH LAUREN. SHOES: BCGGENERATION. EARRINGS AND BRACELETS: MELINDA MARIA. OPPOSITE PAGE:

been up to, she doesn't laugh—she shudders. Instead, Ali has just finished writing her third novel, due next year, taken on the role of star and executive producer of next month's Hallmark Channel movie *Love on the Air*, signed on to act and co–executive produce seven more films for the cable network based on the best-selling *Chocolate Chip Cookie Murder* series, and directed episodes of *General Hospital*. (As of press time, her contract to host the next few seasons of *The Biggest Loser* was still in negotiations.) Ali is filling in whatever rare, spare moments are left with developing scripts and other projects that offer her the creative freedom that seemed impossible just a year ago.

To Ali, it's a step back from the grind. To most of us mortals, it's a mind-boggling workload—but she loves it. So I sat down with her at a Los Angeles restaurant to listen as she reflected on how the biggest risk she's ever taken turned out to be the best decision she has ever made. Whether it's changing your diet or considering a new career, just *try* to stick to your status quo after reading this.

Do you feel happier now than you've felt in the past?

Yes! It's like I took this big, huge chance and it paid off. You have to take a leap of faith and believe in yourself if you want to make the kind of dramatic change that I did.

Were you out to prove something to yourself?

I've always been a very competitive person. Sometimes Dave has to tell me that I am doing more than enough, and I have to remind myself of that too.

Is it difficult for you to just relax and do nothing?

When I first left *Days*, relaxing was hard. It's not like I worry about what other people think of me; it's my own internal judgment. Trying to teach myself that it's okay to take a break and not be busy 24/7 has been an important lesson for me this year.

On a scale of one to 10, how would you rate how you're doing balancing your career and family?

I think I'm doing a great job. I firmly believe that women are the best multitaskers. But I don't think it's the greatest to be splitting your attention in so many different directions. When I'm with my kids, I turn my phone off and give them my undivided attention.

"You have to take a leap of faith and believe in yourself if you want to make the kind of dramatic change that I did."

And when I'm on set, I'm going to give the work my full attention. When I'm with Dave, it's the same thing. Giving each of those elements their own time allows me to be the best I can be in those moments.

How has your relationship with Dave changed since you started this new path?

When I left *Days*, I had to say, "I'm scared. I don't know if this is the right thing, and I'm turning to you as my husband and partner and best friend. What do you think?" I allowed him to support me through what was a life-changing decision and a level of anxiety I normally don't have. My tendency is to steamroll my fears, so to be able to share that with Dave and have his support brought us to a new level.

You've mentioned that you celebrate your wedding anniversary each year with an annual relationship "review."

It's really great—it's a free zone, and if there are issues, we don't pile it on the other person. It's more like, "This is something I wish you'd work on next year." And then we also share the things we loved that the other person did.

Can you give me an example?

One time I told Dave about this little thing he did that meant so much to me. I guess he saw that one evening my phone battery was low. So he plugged it in for me. It made me feel taken care of. A while ago, during one of those anniversary talks, we both had said that we wanted the other to be aware of the small, take-for-granted things we do for each other. And that was a little thing, but it meant a lot.

Over the course of your time hosting *The Biggest Loser*, you have become a role model for healthy living. Do you like having that responsibility?

I would say nearly every day someone asks me for advice on nutrition or how to change a bad habit. I'm so passionate about my own health, and because I've always struggled with it, I understand how people feel when they're grappling with a weight issue. I *do* feel like a role model, and I *want* to be a good example. If that means taking a picture of a glass of wine on a Friday night, I will, because it's Friday night and I deserve it. Just like I'll take a picture of a bowl of quinoa and say, "Yep, that's lunch today."

You'll be 39 next month. How do you feel about 40?

I don't look at 40 as a crisis. It feels more like when I'm running a marathon—I have to be smart about how I pursue the next mile. You gear yourself up to get to the finish line.

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Follow Ali on Instagram @alisweeney-that's where we saw these adorable photos! Above: Ali and husband Dave on a Sunday hike with the kids. At left: Ali and Dave at a gala this spring. Fifteen years of marriage looks pretty darn good, right?

Do you worry about declining roles for older actresses?

I see it, but have not experienced it yet. I worry about stuff like that more for my daughter. I feel very strongly that girlsand children, in general—are not getting a good representation of strong roles for women. I mean, Doc McStuffins shouldn't be the only TV show in which a woman has a real job. A princess is not a job that our daughters can aspire to!

Do you try to explain to your daughter that women can and should hope to do more?

I don't know if we have to even explain it, because we live it. Every day my kids see that Dave supports me in my job and I support him. They see that he believes in me. But that also comes with the understanding that it takes hard work and commitment.

Why do you think it is that women feel guilt over working and taking care of their families and men don't?

Wow, that is so true. I think for me, and probably a lot of women, it's because I see myself as a person who shouldn't need help. I hate to ask for help. I mean, I can't stand when I can't open the mustard jar. It's the most ludicrous thing. My instinct is to do it myself because I don't want to feel inadequate. I'm always so supportive of other mothers when they say, "If you pick up my kids this week, I'll pick up yours next week." I'm always down for it, but I hate to ask.

Even when it comes to eating junk food, men just don't seem to feel guilty like women do.

No. They're very practical about it. It's like, if they feel like they need to watch their weight, they will say, "I'm just going to eat green beans all week" and that's the end of the story. They don't torture themselves. I wish I could be more that way.

You're obviously so committed to maintaining a healthy lifestyle. Are days of pigging out a thing of the past?

Yes. When I was making my nutritional changes, the easiest one to make was portion control—it's something everyone can do that still allows for many of the foods you love. It would be ridiculous to say that I was never going to have another dessert for the rest of my life. That is just not going to happen. The choice that is always the easiest for me, and for anyone, is: If you don't really like it, put it down. It's not worth it. But a bar of dark chocolate with sea salt—that's right up my alley. Every night I have a square of chocolate and a few almonds. It's my dessert, and it makes me very happy.

Do you ever fall off the health wagon?

I've definitely had a slice of pizza, but I would never have three.

Have you always had such great willpower?

Yes, but I didn't point it in the right direction. My biggest hiccup as a kid was a lack of information about food. I thought a Caesar salad was good for you. I definitely fell for those fatfree chocolate cookies. I thought I was doing the right thing.

What's the best advice you can give to people grappling with eating issues?

I do think that weight issues are ultimately bigger than nutrition and exercise. You have to conquer "the want." You have to decide that a healthier lifestyle is something you personally want—nobody else can do that for you.

How do you make your kids understand that you have their best interests at heart when you limit sweets?

I feel very strongly about my kids not eating a lot of sweets, and I want them to know that the reason we eat them sparingly is because sugar is bad for you. A lot of people will say, "Oh, let them be kids," but for me, it's the same thing we were taught about not talking to strangers when we were children. Before that, you were supposed to respect your elders and do what they say, but guess what? Kids were getting kidnapped, so we had to teach them not to talk to strangers. Now I feel like we have to tell our kids why you can't have dessert every night.

Hollywood is such a crazy place to grow up. How do you try to instill a healthy body image in your daughter?

I think women can get into a habit of being unkind to ourselves. I don't want my daughter to hear any of that—and by the way, I don't want my son to hear that either. I never talk about my body in front of my daughter. When it's time to go swimming, I just say, "Let's put on our suits," even when I'm not feeling as fit as I would like to be. There are times when it's like, fake it till you make it. You'd be surprised how liberating it is! ®



a little red warning light went off in my head. My siblings and I were dressed in hand-me-downs, and my father had—truly—worn the same pair of pants for a decade. He'd never approve of these fancy

clothes, and I knew it. But my mother bought my silence with a Dad-forbidden Orange Julius shake, which I devoured on a mall bench with a mix of guilt and excitement (guiltcitement?).

When my parents divorced a few years later, my mother received sole custody, and money was in short supply thanks to her state-employee income and little to no child support. My three siblings and I began receiving government-subsidized school lunches, but debts piled up anyway. Soon, creditors started calling. "Do NOT answer the phone," my mother said. We let the answering machine fill with angry voices as my heart got swamped with shame. When our phone service was finally cut off, I actually felt relief. By my teens, I promised myself that I would never follow in the financial footsteps of my parents. I swore not to become like my father, who pinched pennies so hard he made Abe Lincoln cry, or my stressed-out, secretshopping-and-returning mother.

I've certainly failed at that mission. These days I order the least-expensive item on the menu, even if I don't like it. And there's currently a poorly fitting, hastily purchased sweater haunting my closet, tags still on. (Shopping stresses me out, so I always get in and out of the mall as fast as possible, and I don't do returns.) My husband manages our bills because he's

Can you change how you feel about money?

Some people inherit money. And some people inherit money issues. Writer Ada Barlow investigates how family affects finances—and how to find peace with both.

> discovered my mother's clandestine shopping habit when I was 8 years old. She told me she had to go in to work one Sunday, and that I could come along. We ended up driving 45 minutes in the wrong direction to the nearest shopping mall. At a high-end department store, my mom returned clothing that had been purchased without my father's knowledge, unworn, tags still attached. As I watched the clothes come out of the bag,



better with numbers—or that's what I tell myself. When my student-loan statement arrives, I wince and then try to forget it. The principal hasn't gone down in 15 years, despite my minimal monthly payments. I don't have credit card debt, but I also don't have a house, or a savings plan for retirement or for my kids' future college bills.

Why haven't I been able to shake my parents' money habits decades later? Hoping to get some answers (and a better plan for my finances), I approached a few experts to talk about the legacy of money—and discovered how deep our emotions around it go.

Unpacking our financial baggage

■ Parents can (and quite often do) have a strong effect on how their children treat money as adults. In fact, money habits can form as early as 7 years old, according to research done by David Whitebread, Ph.D., and Sue Bingham, Ph.D., at the University of Cambridge. "If parents support and model specific decision-making, children are likely to engage in the behavior and potentially develop similar habits," they wrote. Because our parents are some of the first people we see handling money, it's only natural that their actions will make an impression on us, whether it's how Mom uses coupons at the grocery store, how Dad spends too much on birthday gifts, the way they react

to "extra" money, or how they ignore a stack of bills marked *Final notice*.

The result is that money gets tied into many emotional issues within a family, like love, power, security, control, selfworth, and independence, says Olivia Mellan, a psychotherapist and coach specializing in money conflict resolution. In other words, it's a minefield. "When kids pick up on the idea that money is a source of stress and uncomfortable feelings, many of us will avoid discussing it, even into adulthood," agrees Jean Chatzky, a financial expert and author of Money Rules. For me, nothing could be truer: I don't like to think about debt, let alone talk about it, and Facebook calls whenever my husband brings up topics like retirement or savings. I've taken my money baggage—all those mixed guiltcitementlike feelings-and shoved it under

the bed. But avoidance, pros say, leaves us lacking the tools and skills to discuss money on a practical or emotional level. Many of us still feel a little like toddlers, stumbling into the financial furniture and not asking for help because we're ashamed of the mess we've made.

Talking family values

■ Fueled by this information, I started asking other women about their financial pasts. Syracuse, NY–based Lauren Greutman, 34, shopped constantly with her mother and two sisters growing up. "It was a pastime for us. The thought process was: 'We're bored; let's go shopping.'" Luckily, Lauren's upper-middle-class parents didn't seem to have trouble paying the bills, and Lauren never had to go without as a kid. As an adult, though, that habit got Lauren into trouble—she and her husband were \$40,000 in debt by the time she was 26. "I felt like I had a *right* to do this, that I deserved to shop," she explains.

Experts aren't surprised by this attitude. "If you grew up with a mother or father who was always shopping, and new stuff was always showing up, you didn't learn the need to prioritize," Chatzky says. So if you never had to weigh material wants against, say, your electric bill, you might mimic a habit that wasn't necessarily bad for your parents

Money gets tied into emotional issues, like love and self-worth. In other words, it's a minefield."



but *is* bad for you. Once you've formed a habit, it's hard to readjust, even if you know it's not sustainable.

Just as mimicking your parents' behaviors can get you into trouble, so can the alternative: utterly rejecting them. An old friend of mine, Sarah M.*, 40, of Portland, OR, had



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Solve your money issue

If you feel unsettled about your finances, find yourself among these common money types. Then take these simple steps toward calm and control with advice from Kachina Myers, a New York-based psychoanalyst who specializes in financial therapy.

If you were raised to...

Be a financial innocent, you learned to never talk about money, possibly because it was considered impolite, crude, or unladylike.

■ Today you might... Intentionally avoid bank statements, bills, and money negotiations—including asking for raises at work. It may also affect the way you shop: You don't compare prices for the best deal or bargain-hunt.

Your new goal:

Become an empowered consumer and negotiator, a woman who can ask tough—or possibly embarrassing—questions.

Your first steps:

Ask financial questions of those around you: "Could you tell me what you paid for that?" If someone mentions a "deal," ask how they got it. No, the Internet doesn't count; you need human-to-human practice.

Ask for a raise. Even if you don't get it, that's okay—keep at it. Try not to go back to your previous behavior of being a "polite" and "good" girl by not asking for more.

If you were raised to...

Be an overspender, you learned to use money and spending as a way to regulate your mood.

■ Today you might... Take your emotional issues out on your credit card at the mall. If you're sad, you shop for a boost; if you're happy, you shop as a reward. Both are temporary highs that can lead to buyer's remorse.

Your new goal:

You need to disconnect your spending from your emotions, and feel good about yourself without relying on a credit card. Your first steps:

Learn to recognize an emotional buy: That's when you feel as though you need an item *right now*. For some people it's an addiction, so you'll think you can't live without those shoes. Literally.

When faced with the impulse to shop, make a commitment to say "not now." Revisit the decision in a week. The key is to recognize the addictive response and delay the purchase.

If you were raised to...

Be a poverty addict, you learned to pennypinch and treat money like a necessary evil and something you'll never have enough of.

Today you might... Deny yourself fun (but reasonable) buys like a drink at dinner. Shopping might stress you out, so you make hasty decisions, and your mantra is "I can't afford it."

Your new goal:

Take a step back from your budget and *breathe*. Look calmly at what you have, and work to resolve conflicting or anxious feelings that having more for yourself is selfish and bad.

Your first steps:

Change the statement "I can't afford it" to "I can't afford it... right now." Write down your priorities and how you'll accomplish them—even if it means getting a raise—and start a savings account for reasonable fun, like a weekend away.

Allow yourself some nonpractical, purely-for-pleasure purchases that won't hurt your budget: an inexpensive pair of earrings or a movie ticket. Ease yourself in!

If you were raised to...

Be money-codependent, you put others' needs before your own as a way to be loved.

■ **Today you might...** Pay your deadbeat boyfriend's half of the rent, offer to buy everyone's drinks when coworkers go out, and run up a huge credit card bill.

Your new goal:

To value yourself as much as you value others, which might mean learning to manage your debt or just save more money. **Your first steps:**

Identify three fiscal priorities just for you, such as saving for a trip or cutting down debt. Then make a budget that includes those things, which will help validate the importance of spending money on yourself, not others. Don't give up these things to pay for what someone else wants.

Attend to any debt by consolidating it or paying down your highest-interest debts first. You may want to join Debtors Anonymous meetings or speak with a financial counselor for help to attain your goals.

extremely frugal parents, so now she orders the most expensive item on the menu, and her online shopping bills often lead to bickering with her husband about spending beyond their means. "I live like a 12-year-old with a large paycheck," she admits. "I can be very irresponsible with my money, and it's caused me to have horrible credit. Maybe I'm still rebelling against my financially restrictive childhood." According to the experts, Sarah's evaluation of her behavior is, well, right on the money. Instead of deciding which purchases fit into her own lifestyle, Sarah's spending seems to be a knee-jerk reaction to her upbringing.

So if your parents go to one extreme, you might end up at the other. But a third woman, my Seattle-based friend Amy R., 40, told me what can happen if your parents never talk to you about money at all. Amy grew up as a self-described "Daddy's girl" who didn't ask for much from her dual-income, bluecollar parents. They never exposed her to their day-to-day money dealings, or hinted at their financial struggles or triumphs. "When parents don't offer kids an explanation, such as, 'This is what we spend money on, this is what we cut back on, and these are the choices we're making for this reason,' it can cause problems for the child later on," Chatzky says.





Amy's parents tried to protect her, "but in the end, it was to my detriment," she says. As an adult, she married a man who told her, "I want to take care of you." And Amy thought, Great, he'll figure it out for me, so I don't have to, she says. "I handed over any sense of agency." Her husband made the money; they both spent it, and Amy was oblivious to how much they had in the bank. It wasn't long before the couple's spending outstripped their income, and the relationship became rocky. After her marriage ended in 2011, Amy was stumped by the idea of managing her own finances. "I thought, I don't even know what I don't know," she says. She felt like a kid again—too shielded to know the basics.

Building a new relationship with money

■ Once we recognize where our financial habits are coming from, how do we go about fixing them? The key, pros say, is to use the information from our past to move *forward*. It's time to develop our own adult relationship with money, and be proactive about it.

For Lauren, who was deep in debt, it meant giving up her shopping, making a budget, and shredding her credit cards. "My husband and I went from an extravagant lifestyle and charging everything to staying in and paying bills," she says. "Not going out to eat. Not vacationing. It was worth it, because we were tired of being broke." The two are now debtfree, a feat that took five years.

Post-divorce, Amy read library books on budgeting and saving and used a website called You Need a Budget (ynab.com) to manage her money for the first time. Taking small steps, she paid off her loans, and with her half of the divorce proceedings, she bought a house at a low fixed-interest rate. Nevertheless, she's still trying to become a savvier spender and investor. "I feel like there's a secret money club I'm not part of," she says, and admits she

still has a long way to go. "But I know what my money commitments are and what I have, and that's a positive step."

As for me, I'm working on my problem of avoidance, and trying to be more intentional with my spending. It felt daunting at first, until Mellan gave me advice: "It might sound strange, but imagine having a conversation with your money," she told me. "What would your money say to you? Do you throw it around, or do you treat it with respect?" Well, my money would say that I ignore it—but I want it to help me when I'm in need. Not exactly a healthy relationship.

Next, I sat down with a financial adviser. I'll admit, it felt like going to the doctor about an STD—I feared being judged. My husband and I stressed over compiling our numbers so the adviser could see our income, savings, and debts and then give us advice based on our goals. It wasn't easy: I had to fight the urge to retreat, or ask my husband to handle it all.

I thought the adviser would suggest saving to buy a house, but he surprised us by first recommending a will: We had assets, he said, and if something happened to us, a will would ensure our kids would be cared for. Then he helped us strategize on how to save and spend, prioritizing paying off my high-interest loan. I left feeling surprisingly relaxed. My money demons may rear their nasty heads again, but I have new skills to slay them, and a solid support system. This money thing? I can handle it now.

Recently, my 9-year-old asked if we could buy a \$400 Lego Star Wars Death Star. "Just use your debit card," he said to me. I told him no—and I also explained how a debit card worked, from paycheck to PIN number. To my surprise, he soaked up the information readily. Then I suggested saving for that toy, and jobs he might do at home to earn toward his goal. With a lot more planning and conversations like this one, I hope to leave the next generation—my two kids—more than a little change. •

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[WE LEARN FROM HER]

Help a kid feel valued with luggage

Upheaval is a constant for many foster children, so two Baltimore women are working to ease those transitions with a simple, amazing gift that can make a crucial difference in their sense of self-worth. BY JESSICA PRESS

when she's told over and over that her few precious possessions belong in a garbage bag? It's a question childwelfare lawyers Yolanda F. Sonnier, 43, and Kendra Randall Jolivet, 46, cofounders of a Baltimore-based law firm, struggled with for years. "It is common practice for children in the foster-care system to be given a trash bag to transport their belongings when they move from foster home to

foster home," says Kendra. "These are children who have gone through any number of traumas—from neglect to sexual abuse—and this isn't the way to start showing them they deserve to be treated with the same respect as any other child," says Yolanda.

So in 2009, Yolanda and Kendra launched Trash Bags to Travel Bags, which provides foster children with new luggage stocked with comforting items. "Often the children we visit have a picture of their sibling or their mom or dad taped to the wall—for some, that's all they have of their family. So we thought it was important to give them a picture frame or album as a way to protect that connection," Yolanda says. The bags are also stocked with items like pajamas, coloring books, and journals and pens. Using grants and donations, they have been able to fill more than 700 bags and distribute them throughout Maryland via group homes, courts, caseworkers, caretakers, and their annual holiday party for foster children. One fellow lawyer contacted Yolanda and Kendra on behalf of a child who was being moved from Maryland to Florida and was distraught because she had no way to take her things with her on a plane. They sent the girl two suitcases and words of support—and soon after received a touching thank-you note. "She wrote about losing her mother and



Each bag also includes the pair's contact info "so that they know our organization is willing to help them in the future," says Yolanda (above left, with Kendra).

being sent to live with an aunt, and how it didn't work out. She told us our kindness helped her through a traumatic transition,"

says Kendra. "When we have rough days, that letter serves as a reminder that what we're doing is important."

Hope Forward, a Baltimore nonprofit that helps teens who are aging out of the foster-care system, has been

the recipient of about 75 pieces of luggage from Trash Bags to Travel Bags. Shantel Randolph, its recent COO and a former foster child, says the bags are critical to helping the young adults she works with feel dignified. "The pouring out of love that Yolanda and Kendra give these young people is just beautiful. Some people might say, 'It's only luggage,' but for foster kids it symbolizes that your things matter and are important—that you matter and are important. And that can change everything."

WHAT YOU CAN DO

HOST A LUGGAGE DRIVE.

Trash Bags to Travel Bags (TBTTB) can connect you with places that accept bags near you. Contact them at info@astepcloser.org.

DONATE BAGS. You can buy them from online retailers like Amazon and have them sent directly to TBTTB.

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One man's confession: I'm happily married... and I watch porn

This anonymous guy doesn't claim to speak for all menjust most of them. Here's a peek into what's going on in front of those glowing screens, and what it might mean about *your* relationship.

he other day I was texting with my friend Max. Max is a fake name, which I'm using because what Max and I were texting about was porn. (And yeah, that's why I'm anonymous here too.) I wrote, "Want to come over tomorrow night and watch the Mets game?" Max responded, "No, can't, in Chicago for business." And I replied, "Okay, have fun in your dimly lit hotel room with a hot laptop in your lap watching YouPorn." And Max texted back, "Um, that's literally what I'm doing right now." And I texted back, "Ew."

If you're also like, "Ew?" Well, yeah, ew. Guilty as charged. Max and I are both happily married, monogamous men who had never talked about porn before. The fact that we felt perfectly safe joking about it anyway just proves how pervasive this stuff is. The reach and breadth and extraordinary ease of consuming pornography is so massive, it penetrates every tiny corpuscle of our media-saturated lives (last time I use the word penetrate, promise!). And I would make the argument that 1) your husband probably watches porn and 2) it doesn't mean he's a perverted freak. He's probably pretty normal.

I can just hear you now. Oh, no, you're thinking. Not my Jason! Not my Brian! My Charles doesn't watch that filthy stuff! And maybe you're right. Maybe your Charles doesn't watch pornography. Maybe your Charles doesn't like it. Maybe he doesn't indulge in the fetid pleasures of the self at all. Or maybe, if he does, all your Charles needs as an erotic aide is a photograph of you guys feeding each other cake on your

wedding day. Congratulations! But don't get all superior, because various studies suggest that anywhere between 50 and 99 percent of men watch porn. And I'd bet on the higher end—who do you think lies on surveys: people who are embarrassed to say they watch porn or people who are embarrassed to say they don't? If you think about it in aggregate, men could probably be curing cancer and winning Candy Crush at the same time if we didn't spend so much time watching XXX videos. But best not to think about it. No one should contemplate the collective sound of 113 million one-hand-clappings.

But wait, you're thinking. It's not okay! Pornography is a kind of cheating! Pornography is a gateway drug to orgies with strippers! Actually, it isn't. A seven-minute clip of "Bored Housewife Gets Delivery of Sausage Pizza" is not what leads you to meet your coworker at a Red Roof Inn. As a married guy, I can tell you that having another emotional relationship is not my fantasy when I watch porn. My fantasy is less relationship—and pornography is zero relationship. "As far as a correlation between people consuming a normal amount of pornography and being unfaithful," say the

husband-and-wife couples counselors Charles and Elizabeth Schmitz, both Ph.D.s who've spent the last 33 years interviewing thousands of couples about marital issues, "we just don't see it."

Elizabeth adds, "If it's not compulsive, if it's not an addiction, if it's not a transgressive, hard-core pornography that hurts anyone, and most important, if you're otherwise happy in your marriage and your sex life, then there's nothing to worry about."

But why do you do it? you wonder. If it's not because you're going to sleep with other people or you're hiding a secret yen for sadomasochism, why do happily married guys want to watch strange women have sex? Well, because we can. When I turned 14, it was like a switch had been thrown and I became a kind of Walking Dead zombie, only instead of eating brains I just desperately needed to see breasts. It's why I sat through stultifying, boring soft-core porn movies on late-night Showtime in the '80s. It's why I stood at the drugstore helplessly staring at issues of Playboy magazine that stood only feet in front of me but might as well have been a thousand miles away. But now? It's like a friend used to say about not buying ice cream: It's easier to say no at the grocery store than every time you walk into the kitchen. In 2015, every time we open our computers, we are walking into a proverbial kitchen stocked with more kinds and flavors of ice cream than you could possibly consume.

It's not all about physical gratification, though, says David Greenan, a family and couples therapist in New York City who's been treating people in relationships for more than 20 years: "People

Men could probably be curing cancer and winning Candy Crush at the same time if we didn't spend so much time watching XXX videos."



do it to escape. To escape the moment. To escape their minds. To deal with anxiety, loneliness, feelings of inadequacy"—you know, being a human being on Earth. I have to admit that this is true for me. I sometimes fire up the PornHub for the same reason I compulsively check my email or sports scores or anything else on my phone: to escape the discomfort of having to be where I am, to fight the boredom of ordinary life.

Even if you don't think porn is cheating, you may wonder, What about me? Aren't I good enough? The experts I spoke with all confirmed that porn can make wives feel inadequate or unattractive. I swear to you, those things aren't related. We can find you hot as hell and still enjoy imagining having sex with other women. Being a good and faithful mate is not about denying there's a little part of your brain that thinks about having sex with other people; it's knowing that acting on it isn't going to make you happy at all. And as far as sexual fantasies go, I'd argue that porn is less problematic than my wife's fantasy about my coworker Kevin, which she has admitted to me more than

once (FYI, once really would have been enough). Because porn isn't real. In fact, porn is extremely fake. "Men," Charles says, stating what I think to be one of the most obvious and in some ways sad facts about the male condition, "are more likely—and more able—than women to use sex for simple physical pleasure."

So if you're still thinking, It's gross! It's dumb! It's unenthusiastic actors having mindless sex in front of cameramen who are probably wearing jeans shorts! We men would entirely agree. Watching it lowers us even in our own estimation. Knowing that regardless of how sophisticated we believe we are, we're still just Neanderthals inside is humbling. It's one of the reasons I'm not arguing that you have to be pro-porn. If you find pornography abhorrent on principle, that's more than understandable. The point isn't that it's awesome; it's that, again, it's like ice cream. Your husband's habit of consuming it isn't necessarily great for him, but it's a pleasure impulse that isn't easy to turn off—or that you'd want us to completely turn off.

Why? Because it's a relatively healthy

secret, and in marriage, secrets allow us to have separate selves. I don't mean having a secret second family in Minneapolis; I mean keeping a part of you that's just for you. The kind of secret life that can exist between you and a really good book. And yeah, I think the secret can be between a man and a clip of a cheerleader who walks in on a naked pool guy. I'm saying it's okay, and even good, to have a secret fantasy life. For the vast majority of us, it's not hard to keep the fantasies restricted to the realm of fantasy. (Plus, let's agree: People who can't keep their fantasies in check are going to be in trouble whether they spend intimate time with their computers or not.)

So consider making peace with what your man may be doing when he says he's taking a nap. And what he's *definitely* doing when he's in Chicago meeting with clients. Because anything on that screen is way less interesting than what we do with you, no matter what, any day of the week. You're what actually matters. Also, we'd love it if you could at least pretend you don't know what's in our browser history—it'll help us retain our dignity. ①

THE PARTY OF THE P

WHYS GUY

Why do men do that?

Aaron Traister plays Dear Abby—in, uh, a totally manly way—and gets to the bottom of your most puzzling relationship questions.

Q: What's the deal with guys and grilling?

A: Obviously I could bring up the whole "caveman quest for fire" thing, the idea being that there exists some sort of primal relationship between man and fire and the family meat (a theory exalted by noted anthropologist Tim Allen). But in my mind there's something less Cro-Magnon going on. For most of us modern men, every waking second is accounted for, our attention fractured in 12 directions. Before 8 a.m., we get the dog walked and the kids ready for school, dress for work, check the weather, send a few emails, etc. It goes on like this all day. For guys, grilling is one of those rare few moments of single focus. There's no checking my phone when I'm building a fire, no signing homework papers when I'm making sure the steak is medium-rare. Being outside in the sunshine and shutting out everything except the hot grill, some beef, and a cold beer is peaceful. It may be the closest thing the average guy gets to meditation.

Q: My husband squawked in protest when I mentioned getting rid of our ratty bedspread, which I doubt he'd even be able to pick out of a lineup. What is happening?

A: I'm not sentimental about anniversaries or birthdays, but I'm very attached to the physical stuff my wife, Karel, and I have used to build our life together. That couch we've had since before we were married? I know it makes a strange creaking noise if anyone tries to sit in the middle and there are some exposed stuffing issues on the armrests, but that was the couch where Karel and I watched Chicken Run while we were dating... and she fell asleep on me 15 minutes in. You can't replace memories like that. Every time I look at that rapidly decaying piece of furniture, I think of 26-year-old Karel's head on my shoulder in the gentle glow of stop-motion animated poultry. What would I even think about if I had to look at a new couch? So, you can toss your memory-filled comforter into the trash like a moldy banana—just know that for guys, the things that help us feel feelings are important. That said, once it's gone we never think about it again. So whatever.

Q: How can I get my boyfriend to be open to the stuff I'm into? He won't even try a single episode of *The Good Wife*.

A: Thanks to Karel, I've started drinking less coffee and more tea—turns out I like tea! But it should be pointed out that I'm a stay-at-home dad and I write for a women's magazine, so I'm pretty comfortable doing things that a lot of dudes think

of as "girl stuff." Also, I have an older sister, so I watched Anne of Green Gables as a kid, which honestly was so good. What you need to do is go back in time and get your boyfriend an older sister. No? Look, good stuff like tea and Anne of Green Gables will always break the arbitrary and often silly gender boundaries we make for ourselves, thanks to their quality and universal appeal. The same is true of "guy things" like football and Game of Thrones—I doubt they were created with a female audience in mind, but they have lots of women screaming their heads off about them. So when you know you've got that high-quality "unmanly" stuff, you have to show the kind of enthusiasm for it that you might for March Madness. Start shouting, "Oh, yeah! We're gonna watch the BBC version of Pride and Prejudice with Colin Muthf@&\$#^g Firth!" (For real, he kills it, right?) Maybe that language isn't you, but the excitement is hard to resist. Your guy will come around, even if it takes him awhile to admit how delightful it is to watch a bright—if a little judgy—young woman find love in pre-Victorian England.

Q: My guy likes to stay up later than I do, watching TV. He says it's to decompress, but I feel lonely.

A: Wanting to spend time together and talk and be intimate in the evenings is completely natural. But I can't advocate for him keeping you company while you're falling asleep.



Va-dry-na?

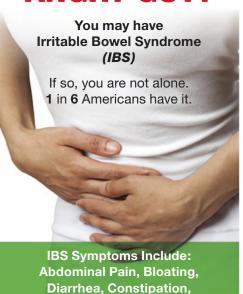


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life

Talking to someone while they drift off sucks, especially when you're not tired. In my experience, the conversations go something like this:

Awake person: "Did you remember to deposit the check in the bank?"

Sleepy person who just wanted company while falling asleep: "Mmmmfggd, circus hat." Awake person: "Ugh. You're falling asleep. I'm going downstairs to watch TV." Sleepy person: "MMMMFGSA! NO! No! Imawake! You said bank."

Yes, it's great to fall asleep next to someone, but if you're on different schedules, would you really rather he come upstairs and poke at you while you're trying to fall asleep because he's wired? I know Karel is not a fan of that kind of bedtime routine. Instead, back up and tell him you need to unplug together as a couple *before* bed, and have a specific activity planned, even if it's just for 15 or 20 minutes. Suggest going for a late-night walk around the neighborhood or sharing some tea or a nightcap on the porch. Then, afterward, you can contentedly go your separate ways.

Q: What do you really think when we ask you how we look?

A: I know a lot of guys think this question is some sort of a trap, so they sweat and mumble and ultimately say the wrong thing even if they manage to say something nice. When you ask a guy something big and vague like "How do I look?" it's like being asked how we like Earth. If we say, "Earth's great," of course whoever is asking the question is gonna be like, "Is that all you got? It's Earth! Your home planet, the giver of life! It's the place that produces air for you to breathe and water for you to drink! And you glossed over the problems—what about pollution and tornadoes?! All you have to say is, 'It's great'?" The point is, don't ask "How do I look?" It's too ambiguous. Karel has figured out that if she really wants my opinion, she has to ask very specific questions, like "Does this jacket give me man shoulders?" or "Does this top look like it was purchased after I drunkenly wandered into Hot Topic?" or, my personal favorite, "Too much boob?" Specific questions yield specific answers: "No, your shoulders are very feminine," "Yes, but it's kinda working for me in a strange way," and finally, "No, never." These are precision-cut questions that have limited responses, so the annoyance your dude will feel at being asked to comment on your outfit will be mitigated, and your annoyance with his answer will also be diminished.

Q: Why do you feel like you can "watch the kids" and nap at the same time? Isn't it hard to watch them when your eyes are closed?

A: Why do moms feel like they can clean anything off the child's face using just their own spit? Moms have their secret powers; we dads have ours. While you have magical saliva that cleans everything, we have magical hearing that works even when we're napping (which is not the same as sleeping, you know). When we're napping in the afternoon with the baby in the same room, our sense of "unconscious hearing" is heightened like an X-Men-style mutant. Is the baby trying to climb over the baby gate while we nap on the couch? We'll hear that, get up blearily, and put a stop to the escape. Has the baby put something in his mouth? We'll hear that. That's an easy one. Has the baby found a book of matches and stopped making any noise at all while she tries to figure out how to make fire? We'll hear that absence of sound. That's right, we can hear the void. So trust in our magical nap ears as you trust in the magical ability of your mouth secretions. Together we can make this baby clean and unable to create fire in the living room, just like the misfit team of mutants we always knew we were.

DO YOU HAVE A QUESTION FOR AARON? Email him at redbook@hearst.com (subject: Whys Guy). His answer may appear in an upcoming issue!

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NIGHT

A great date doesn't always need to involve a hot air balloon or a night on the town. Sometimes an evening in with your sweetie is the best date of all.

TAKE IT OUTSIDE

Instead of the cliché candlelight dinner, head outdoors for a grown-up picnic. Bring out the good china, cloth napkins, and yes, candles for dinner "out" in your own backyard.

GET YOUR GAME ON

Whether it's an old-school board game or a fierce game of badminton, a little competition can be both fun and flirty. Try playing for a pampering prize such as a massage from your partner or breakfast in bed.



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THE WORLD CHANGER

The next time you think you're too powerless to make an impact, take some advice from Jena Lee Nardella, author of the memoir One Thousand Wells and cofounder of

Blood:Water, a nonprofit that has raised over \$25 million to provide Africans with clean water and health care. "Don't get overwhelmed by the enormous amount of change you want to see in the world," she says. "All of your small actions will add up to something extraordinary. Plus, a lost cause is the best one to fight for." Find out how to donate at bloodwater.org.



THE GUTSY **OUTSIDER**

If you've ever felt out of your depth, you'll instantly connect with Lizet Ramirez, the protagonist of the new novel Make Your Home Among Strangers by Jennine Capó Crucet. After leaving her Cuban-American family in Florida to enroll at an elite college in upstate New York, Lizet stumbles toward confidence and grapples with where she belongs. Her eye-opening year will encourage you to replace other people's

expectations of you with

your own.

Amy Poehler's sassy-sweet style of comedy is so hilarious is her big-eyed

One reason

believability, no matter what role she takes on. The latest proof is Wet Hot American Summer: First Day of Camp, which is Netflix's eight-episode prequel to the 2001 cult hit movie. That means she's playing a younger version of her camp counselor role 14 years later. You won't question it, though, because you'll be laughing too hard-and loving her too much. Time passes; brilliance doesn't. (Start streaming July 31.)

≻YOU∢ (yes, that's right, you)

Want to do something pretty amazing right this second? Charitable giving drops in August, but you know hungry kids and abused women don't take a summer vacation from the things they need. If you don't already have a cause you love (or if you tend to only donate around the holidays or when you're feeling flush after your tax refund), visit charitynavigator.org to find groups that could really use your help.

THE SUPERSTAR FOR A REASON

Of course you love Meryl, who's earned more Oscar nominations than any actor

in film history and is a champion of women's rights. But on August 7, she'll show you once again why she's the best. In her new movie Ricki and the Flash, she plays a rock star facing the family she basically left behind for a wild life on the road. Ms. Streep will move you-and her kooky hairdo will remind you: To be great, you have to be willing to go there.



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Get a gourmet-seeming meal on the table without a gourmet-style production, courtesy of four brilliant hacks from *Chopped* judge Amanda Freitag.

BASIC BLANCHED VEGETABLES

Blanching (cooking veggies briefly in boiling water) speeds up their cooking time, and "shocking" (quickly immersing them in ice water when done) instantly stops the process, allowing them to retain their vibrant color and just-right texture. This step is so importantit saves you time and chaos when you're putting together your final dish or meal. Once vegetables are blanched, you can eat them as is, sauté them, dress them in a vinaigrette, grill them-or just save them to eat during the week.

- **1.** Bring 1 gallon salted water to a boil in a large pot. (That's roughly a handful of kosher salt.)
- **2.** Fill a large bowl with equal parts ice and water for shocking.
- 3. Trim the fibrous or woody ends from vegetables like broccolini, broccoli rabe, and asparagus. Peel or trim as needed for others like broccoli, cauliflower, green beans, and carrots. Loose peas can just be tossed in.
- 4. Place the vegetables in the boiling water. After 45 seconds (that's the exact time for green veggies; you might need to go to 60 seconds for sturdier vegetables like cauliflower or carrots), remove them with a slotted spoon or tongs and plunge them straight into the prepared ice bath. Green vegetables should have a brilliant color. Once they've cooled, remove them from the ice water and lay them on paper towels to drain thoroughly.



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Making vinaigrette is easy—and you probably already have all the ingredients you need. Make a jar on Sunday so you'll have it all week. Once you know the standard ratio (one part acid to three parts oil, though some prefer a one-to-two ratio), you can get as creative as you like, adding everything from citrus zest to herbs and spices to cheeses.

BALSAMIC VINAIGRETTE

In a medium bowl, whisk together 2 small cloves garlic (minced), 2 tsp Dijon mustard, and ½ cup white or regular balsamic vinegar. Slowly stream in 1½ cups extravirgin olive oil while vigorously whisking to emulsify. Season with ¼ tsp kosher salt and ½ tsp freshly ground black pepper. Makes 2 cups.

MUSTARD VINAIGRETTE

Combine ¼ cup Dijon mustard, ½ cup fresh lemon juice, 1 tsp dry mustard, and ¼ tsp kosher salt. Stream in 1 cup extra-virgin olive oil, whisking vigorously to emulsify. Check the seasoning and adjust as needed. Makes 1½ cups.

RED WINE VINAIGRETTE

In a small bowl, whisk together 1 clove garlic and ½ small shallot (both minced),1 tsp dried thyme, 1 tsp dried oregano, ¼ cup red wine vinegar, kosher salt and freshly ground black pepper to taste, and ¾ cup extra-virgin olive oil. Makes 1 cup.



OVEN-ROASTED TOMATOES

Even at the height of tomato season, this is a brilliant thing to do (how many of us have let one go past its prime?). It will also work with cherry or plum tomatoes; just adjust the cooking time for smaller varieties. Removing the moisture from tomatoes produces a concentrated flavor that makes overripe or watery, flavorless ones not just edible but delicious. They will keep for up to one week and have lots of uses: in sauces or pastas, as a garnish, on a sandwich or burger.

Heat oven to 300°F with the rack in the middle. Line a baking sheet with foil. Place 4 beefsteak tomatoes (halved horizontally) cut-side up on the prepared baking



sheet. Drizzle 1 Tbsp extra-virgin olive oil over the tomatoes. Season the tomatoes with 1/8 tsp kosher salt, 1/8 tsp freshly ground black pepper, and 1 tsp chopped fresh thyme leaves. Roast the tomatoes for 1½ to 2 hours, or until they have shrunk by half and are starting to wrinkle and intensify in color. Let cool completely, then place in an airtight container and refrigerate. Makes 8 tomato halves.



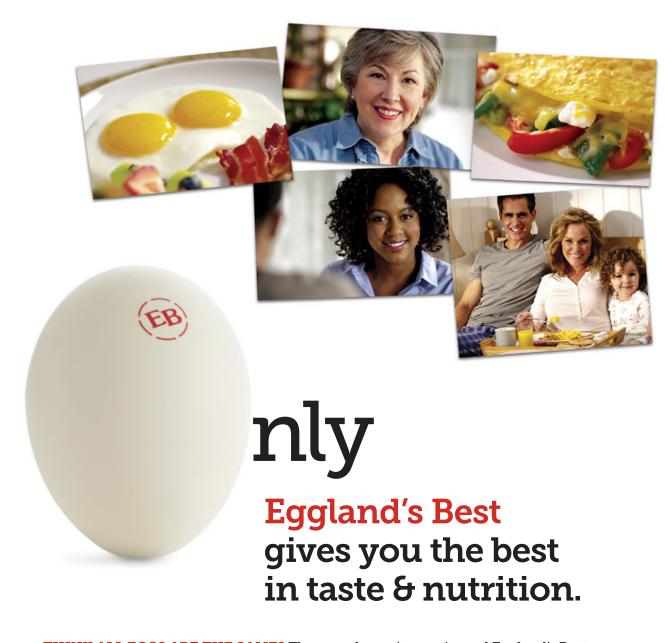
ROASTED GARLIC

Roasting kicks off a miraculous transformation, taking garlic from harsh and spicy while raw to a sweet, spreadable version of itself. Mix roasted garlic purée into mashed potatoes, pesto, pasta sauces, burger patties, dips, stews, and vinaigrettes; spread it on crostini; add it to stirfries and pizza; or use it as a condiment for meat.

Heat oven to 375°F. Place 4 whole garlic heads on their sides so that the root and tip are parallel to your cutting board. Using a serrated knife, cut off the tops of the heads about 1/4 in. from the tip, exposing the cloves. Place the garlic heads cut-side up in the center of a piece of foil large enough to contain them. Drizzle with 2 Tbsp extra-virgin olive oil and season with 1/8 tsp kosher salt. Bring the edges of the foil over the heads and seal to make a pouch. Bake for 45 to 50 minutes. Check to see if the garlic is tender and roasted by opening the pouch and inserting a toothpick into the cloves. If the toothpick easily slides in and out, the garlic is ready. When cool enough to handle, squeeze the cloves into an airtight container or store them whole. To purée, squeeze the cloves directly onto your cutting board and smash them with the back of a large spoon. Makes 4 heads.



Find more amazing recipes from Amanda's book, The Chef Next Door, in bookstores and online September 29.



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FARM FRESH

WHOLE GRAINS, DENYSTIFIED Ancient grains are seemingly everywhere... and so

darn good for you. Work them into your repertoire like this.



Making grains couldn't be simpler:

All you need is a pot and some liquid, be it water or stock. Below are the proportions, so scale up or down as you like. For millet, farro, quinoa, and freekeh, add the grains and salted water or broth to a pot and bring to a boil. Lower to a simmer, cover, and cook until tender but still chewy. Remove from heat and let sit, covered, for 10 minutes to absorb any additional liquid. Because wheat berries are so sturdy, they require a different method: Bring a pot of broth or salted water to a boil, add the wheat berries, rapidly simmer until cooked, then drain.

1 cup wheat berries + 4 cups (or more) liquid +50 minutes = 3 cups cooked

1 cup millet + 1¾ cups liquid + 15 to 20 minutes = 4 cups cooked

1 cup farro + 1¾ cups liquid + 20 to 25 minutes = 3 cups cooked

1 cup quinoa + 1¾ cups liquid + 10 to 20 minutes = 3½ cups cooked

1 cup cracked freekeh + 21/2 cups liquid + 15 to 20 minutes = 3 cups cooked

-Proportions and methods adapted from Simply Ancient Grains by Maria Speck

They are really heartysuper-chewy with an earthy, wheaty flavor. Serve a stew over them or add some to a chili for texture. You can also make a batch and eat them for breakfast with cold milk, cinnamon, and fruit.

FARRO

This grain has become popular because it's incredibly versatile. Like wheat berries, farro is also chewy, but it's slightly sweet and has a creamy texture. It works in salads, as a side dish, or to soak up a sauce. One of the coolest things to do with farro is to use it instead of rice in a risotto-use the same amount of farro as you would rice. In Italy, the dish is called farrotto.

This Asian grain has a mild flavor, almost like corn, and cooks up fast. It's great in saucy dishes, so swap it in for rice or couscous at dinnertime. Or try it for dessert! Simmer millet in whatever kind of milk you prefercoconut, almond, or cow'sadding honey and sweet spices to turn it into a yummy and nutritious pudding.

QUINOA

It comes in a few varieties (we're showing the red one here), and they all taste slightly nutty. Unless the kind you buy says it has been pre-rinsed, it's important to rinse quinoa before cooking to eliminate the slightly bitter flavor of the outer shell

CRACKED FREEKEH

Because this green wheat is lightly roasted after it's harvested, it has a uniquely rich, almost smoky essence. Originally cultivated in North Africa and the Middle East, it tastes great with the flavors you'll find in that cuisine: mint, parsley, tomatoes, cucumbers, coriander, and cumin. It's also amazing as a side for red meat.



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SOY-GINGER SALMON SALAD BOWL

Active: 15 minutes / Total: 15 minutes

Divide 3 cups cooked wheat berries among 4 serving bowls; set aside. In a small bowl, whisk 2 Tbsp rice vinegar, 4 tsp lowsodium soy sauce, 4 tsp grated fresh ginger, ½ tsp honey, and 2 Tbsp vegetable oil; set aside. In a medium bowl, gently fold together 12 oz cooked or canned salmon (from about 2 cans), 1 stalk **celery**, and 2 Tbsp **red onion** (both finely chopped) and lightly season with salt. Divide the salmon mixture among bowls, along with 1 cup sliced cucumber, 1 cup grated carrots, and 1 small head **Boston lettuce**, leaves separated. Spoon the dressing over the bowls. Garnish with sesame seeds (optional) and crumbled toasted seaweed (optional) and serve.

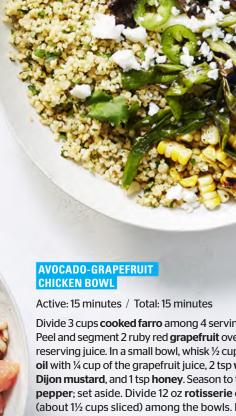
Makes 4 servings. Per serving: 399 cal, 13 g fat (1 g sat fat), 29 g protein, 41 g carb, 7 g fiber.

GRILLED SKIRT STEAK BOWL

Active: 25 minutes / Total: 25 minutes

Heat a grill pan over high heat. Season a 12-oz skirt steak with salt and pepper. Brush 1 ear of corn with 1 tsp olive oil and season with salt and chili powder. Grill, turning occasionally, until the corn is cooked through and beginning to char, about 6 minutes. In the last 3 minutes of cooking, brush 1 bunch scallions (trimmed) with 1 tsp olive oil and add to grill, turning once, until blackened in places, about 1 minute per side. Remove the corn and the scallions; set aside on a platter. Grill the steak, turning once, 3 to 4 minutes per side for medium-rare. Remove to a plate; let rest. Cut corn kernels from the cob and slice the grilled scallions into 1-in. pieces. Combine the corn and the scallions with 3 cups **cooked millet** in a bowl; toss with ¼ cup finely chopped cilantro and the juice of 1 lime. Divide the millet mixture among 4 bowls. Slice the steak against the grain and divide among bowls, along with a 15-oz can of black beans (drained and rinsed). Sprinkle 1/4 cup queso fresco (divided) on top of bowls; garnish each with cilantro and jalapeño slices. Serve with lime wedges.

Makes 4 servings. Per serving: 480 cal, 16 g fat (5 g sat fat), 31 g protein, 55 g carb, 10 g fiber.



Divide 3 cups cooked farro among 4 serving bowls; set aside. Peel and segment 2 ruby red grapefruit over a medium bowl, reserving juice. In a small bowl, whisk 1/2 cup extra-virgin olive oil with 1/4 cup of the grapefruit juice, 2 tsp whole-grain or **Dijon mustard**, and 1 tsp **honey**. Season to taste with **salt** and pepper; set aside. Divide 12 oz rotisserie chicken breast (about 1½ cups sliced) among the bowls. Pit and slice 1 ripe avocado; divide among bowls along with 1 bunch radishes (thinly sliced) and grapefruit segments. Spoon the dressing over bowls and top with 1 small shallot (thinly sliced).

Makes 4 servings. Per serving: 659 cal, 39 g fat (6 g sat fat), 32 g protein, 51 g carb, 8 g fiber.



PUT GOOD IN. GET GOOD OUT.



Made with real fruit juice.

You know professional cooks love their gadgets—but you might not know how everyday-useful and affordable they are. Meet the ones that'll multitask their way into your heart.

"I love how natural a wooden spoon feels in comparison to the coldness of a metal spoon, which can ruin the finish of enamel pots and nonstick pans. Wood acquires its own seasoning, so here's how I treat a brand-new one: I rinse it, pat it dry, then put a little olive oil and salt on a paper towel and scrub the spoon for a few minutes. Then I rinse it again, pat it dry, and it's

ready to go."—Cat Cora, author of the upcoming memoir Cooking as Fast as I Can Core Bamboo spoon (from a set of 3 utensils), \$9.99;

amazon.com.

WOODEN

SPOON

"I can't live without a bench scraper-the flexy kind, not the hard metal ones. It's inexpensive and it keeps your cutting board clean because you can quickly scrape everything off. If you're making dough, it will also make quick work of the gummy bits that get stuck everywhere. You'll always see one on my cutting board." - Michael Symon, cohost of The Chew and cookbook author Silicone scraper spatula, \$6.99; isi-store.com.

SCRAPER

COIL-SHAPED POTATO MASHER

"I love a coil-

shaped potato

masher-and

potatoes. I use

not just for

it to make a soup that I

don't want

to be too thin

but still want

to retain some

texture. I could

use a blender.

but the masher

It's also good

for smashing

in a Bolognese

quacamole, too."

-Claudine Pépin,

ingredients

sauce and

for making

author of Kids

Cook French and daughter

Dreamfarm

of Jacques Pépin

Smood potato

masher, \$24.99;

bedbathand beyond.com.

is easier to wash.

MICROPLANE

"I use this for everything. Spices and zest, sure. Ginger and garlic, yep. I religiously use it to finish pasta with light, airy shavings of Parmesan. It's a brilliant way to bring a restaurant touch to your home cooking." —Curtis Stone, chef and owner of Maude in Beverly Hills, CA, and author of the cookbook Good Food, Good Life Microplane zester, \$14.95; bedbath andbeyond.com.

• "Spring-loaded ice cream scoops or dishers are essential. They're great for portion control, they come in all different sizes, and they're inexpensive and easy to clean. I use them to scoop cookie dough, form meatballs, fill muffin tins. I'll even use a disher to frost cupcakes: Scoop out the exact amount of frosting you need for each one, then use the back of a spoon to swirl it." —Tara 0'Brady, cookbook author and creator of the blog Seven Spoons Kychn 3-pack stainless steel mechanical ice cream scoops, \$14.99; amazon.com.

PROP STYLIST: CARLA GONZALEZ-HART.

DISHERS



Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

Visit hillshirefarm.com/guarantee for details.

Offer valid in USA, 18+ from 7/1/15-9/30/15. If we "Eat it": Limit 1 refund (up to \$7.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.





Makes 4 servings. Per serving: 99 cal, 9 g fat (4 g sat fat),





And when you're craving something sweet, indulge in NEW Special Divine Fudge Brownies.



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REDBOOKMAG.COM / AUGUST 2015



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes
- & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

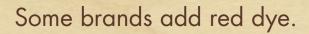
Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



Can you tell what's in your dog's food?







We add red apples.

Unlike some dog foods, we don't use artificial color. Instead, we put 5 real fruits and veggies in every bag. Turns out red and green apples, sweet potatoes, cranberries, green beans, and peas provide plenty of color, naturally.

NUTRO™ FARM'S HARVEST.™ Honest to Dog.



FOOLPROOF TIPS FROM MASTER BAKERS

Afraid of baking? We hear you. We asked three pastry pros to pour out their knowledge so you can proceed with confidence.

Nº ◀

PREP MAKES PERFECT

"Baking is not like cooking, which is about knowing the ingredients and working as you go. Baking is about reading the full recipe, understanding it, making sure you have all the tools necessary to complete it, and then doing it. Also, measure ingredients at the beginning and line them up. It takes more space in the kitchen, but it's always easier in the end." — Dominique Ansel, chef/owner of Dominique Ansel Bakery in New York City and Tokyo; inventor of the Cronut (!)

ROOM-TEMP BUTTER IS SOFT. NOT OILY

"You should be able to push your thumb into it and it will indent, but you shouldn't be able to stick your finger through it. Ideally it's pliable, not mushy. If I need my butter softened quickly, I will cut it into pieces and bash it with a rolling pin. I've also seen people grate butter with a box grater. The pieces will be small enough for you to put in a bowl and whip." -Dorie Greenspan, author of Baking Chez Moi

SIZE MATTERS

"Using the size egg that's specified is important. A large egg is 50 grams and an extralarge one is 60 grams. If you have a recipe that asks for three or four large eggs and you use extra-large ones, you're adding an extra 40 to 50 grams of egg. That's almost 2 ounces of extra liquid, which definitely affects the final product."

-Joanne Chang, cookbook author; owner of Boston's Flour Bakeries and Myers + Chang restaurant

THERE'S A REASON **RECIPES CALL FOR ROOM-**TEMPERATURE EGGS (AND IT'S NOT TO MAKE YOUR LIFE MISERABLE)

"When you bake, you want your food to rise, and when eggs are at room temperature they beat to a higher volume. If you forget to take them out of the fridge in advance, run them under hot water to take the chill off." — D.G.

When a cookie recipe calls for, say, 2 tablespoons of batter, it means exactly that-don't use rounded scoops." — D.G.

TEFLON FOR THE WIN!

"Metal molds are much cheaper, but you have to butter them and flour them and sometimes also use parchment paper. With a Teflon mold, you don't need anything else. You just butter it, you bake in it, and the cake or whatever you're making slips right out." — D.A.

STOP OPENING THE OVEN DOOR

"Do it only when you have to-to rotate pans, to test for doneness. Your oven drops in temperature when you open the door, and it takes a while for it to cycle back to temp, which affects baking time. Use the oven light to check on things. That's why it's there!" — D.G.





INTRODUCING CREAMY ICED COFFEE IN THREE INDULGENT FLAVORS. ALL FOR 120 CALORIES EACH.

Your meals *must not* be boring. So grab one (or all) of these Asian staples and discover how easily you can revolutionize even a box of mac and cheese.

Soba noodles

WHY: Because it cooks up in minutes, soba is a lifesaver when you need a fast dinner.

QUICK TIP: Soba keeps well in the refrigerator, so you can boil a few packages and eat it all week.

IDEAS: Simmer veggie broth with cilantro stems and a thick slice of ginger; add cooked noodles. chopped spinach, and a little sov sauce for a quick soup. To make sesame noodles, toss cold soba with leftover rotisserie chicken and peanut sauce, and top with snap peas and sesame seeds. Or add soba to sliced cabbage, carrots, cukes, and red pepper, then drizzle on dressing for a new take on coleslaw.

Ginger

/HY: Fresh ginger offers a multitude of health benefits: It aids in digestion, it's an anti-inflammatory, and research shows that it may boost the immune system. **QUICK TIP:** Peel off the skin and place the root in a zip-top bag in the freezer (it'll keep for a couple of months). When you want to add ginger to a dish, grate the frozen root. **IDEAS:** Give your morning smoothie a boost by blending in 1 tsp grated ginger. Mix a spoonful into your ground turkey or beef for Asian-flavored burgers. Grate ½ tsp over just-roasted veggies for a fresh, spicy kick.

Edamame

why: Transform these soybeans into a snack, party dip, or veggie side dish. Much more interesting than a bag of green peas!

QUICK TIP: Buy frozen shelled edamame—they're easier to work with.

IDEAS: It's the quickest way to add protein to mac and cheese—just cook some and toss it in before serving.

Mash cooked edamame with olive oil, salt, pepper, and fresh herbs of your choice (we like mint) for a dip. Cook frozen shrimp in a pan and add garlic, edamame, and parsley toward the end for a scampi.

Shiro miso

WHY: Technically it's fermented soybean paste, but all you'll think about when eating it is how roll-your-eyes delicious it tastes. QUICK TIP: There are many different varieties of miso, but start with shiro (the "white" kind), which has a mild flavor. It'll keep in the fridge for several months. IDEAS: Whisk 1 Tbsp miso with ¼ cup rice vinegar, ½ cup vegetable oil, and a drizzle of honey for an addictive dressing. Mix a spoonful with mayonnaise and lime juice to make a sandwich spread or a quick dip for crudité. Slather some on salmon (or any fish) before roasting.

Boil-in-abag rice

WHY: You can make

perfect rice in far less time and you don't have to scrub a pot. (REDBOOK recipe developer Khalil Hymore swears by it!) QUICK TIP: Brown rice has more fiber and fewer carbs than white rice, so it's a healthier option. **IDEAS:** Add it to sautéed greens (chard, broccoli, spinach) and top with feta cheese and toasted nuts for a one-bowl meal. Make an extra portion and use it the next day for a stir-fry (cold day-old rice works better than just-cooked). Include in a breakfast burrito along with scrambled eggs, salsa, and drained black beans.

-Caroline Campion

If your walls could talk, they'd say <u>subscribe</u>.



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These are the ones every woman needs in her arsenal: iconic, crowd-pleasing dishes

that'll serve you well from now till the end of time.

PHOTOGRAPHED BY CHRISTOPHER TESTANI

EGGPLANT MARINARA

The brilliant thing about this recipe, adapted from the one used at Frankies 457 Spuntino. a cult-favorite Italian-American ioint in Brooklyn, NY, is that it involves so little effort. Instead of the messy and time-consuming steps of breading and frying the eggplant, you simply roast it, then layer it with tomato sauce and Pecorino Romano cheese. The result is a lighter, nongreasy dish that still tastes like someone's sweet old nonna made it.

Adapted from The Frankies Spuntino Kitchen Companion & Cooking Manual by Frank Falcinelli, Frank Castronovo, and Peter Meehan

Active: 20 minutes Total: 21/2 to 4 hours

large eggplants (about 3 lbs), peeled in vertical strips leaving alternating strips of skin, and sliced into 1/2-in. disks

- 1/4 cup olive oil Kosher salt and pepper
- 3-4 cups simple, thick tomato
- cups grated Pecorino Romano or Parmesan cheese (about
- 8-oz ball fresh mozzarella, cut into 1/4-in.-thick slices
- 1. Heat oven to 350°F. Toss the eggplants with the olive oil, 2 tsp salt, and a few pinches of pepper, making sure the eggplants are evenly dressed. Arrange slices in a single layer on 2 baking sheets.
- 2. Place the eggplant in the oven and cook until it is lightly mottled in parts and deeply browned in others and beginning to-but not quite yet-shrink away from the skin, about 20 to 25 minutes, turning it once halfway through cooking time. Remove from oven (leave the oven on).
- 3. Coat the bottom of a medium roasting pan (or another casserole or ovenproof pan appropriate for a lasagna-type preparation) with a thin slick of tomato sauce. Nestle a single layer of eggplant slices in the sauce, sprinkle with salt and pepper, and give the eggplant a good coating of Pecorino Romano. Repeat until all the sauce, eggplant, and Pecorino Romano are used, finishing with a layer of cheese. Cover pan with foil (make sure the foil isn't touching the eggplant) and bake for 31/2 hours or as long as possible-at least 2 hours.
- 4. Serve the eggplant marinara hot, cold, or in between. Arrange a layer of fresh mozzarella slices over the top of the dish just before serving.

Makes 8 servings. Per serving: 504 cal, 38 g fat (15 g sat fat), 19 g protein, 18 g carb, 7 g fiber.

BEEF BOURGUIGNON

This dish, inspired by Julia Child's famous recipe, is iconic because it's so insanely delicious-tender meat, sweet carrots, and a rich sauce that practically begs for a piece of baguette to sop it up. It's not fast, and there are many steps involved, but if you want to impress a group of friends or even yourself, set some time aside and make it.

Inspired by Julia Child's recipe from her landmark cookbook Mastering the Art of French Cooking

Active: 1 hour Total: 4 hours

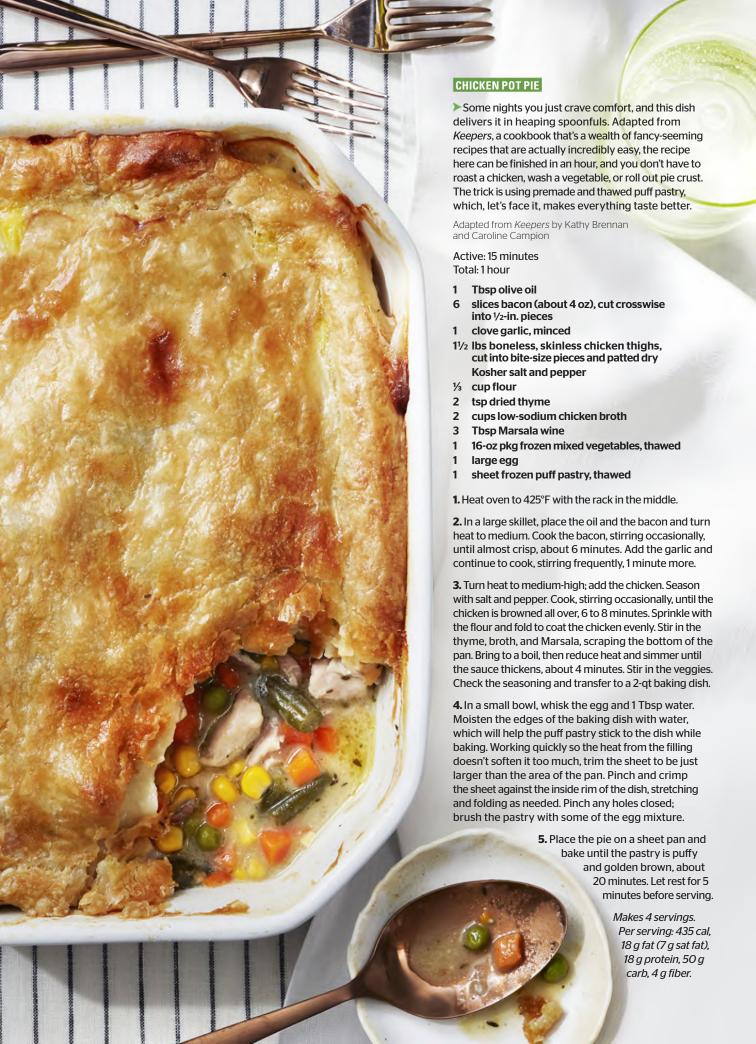
- slices thick-cut bacon
- 3 Tbsp olive oil
- lbs lean stewing beef (preferably rump or chuck), cut into 2-in. cubes
- carrot, peeled and sliced (about 1/2 cup)
- onion, peeled and sliced (about 2 cups) Kosher salt and pepper
- 2 **Tbsp flour**
- cups full-bodied red wine, like **Bordeaux or Chianti**
- 4 cups beef stock
- Tbsp tomato paste
- cloves garlic, mashed 2
- tsp dried thyme or 1 sprig fresh thyme 1/2
- bay leaf, crumbled 1
- **Tbsp butter**

- 1. Position racks to divide oven in thirds. Heat oven to 325°F.
- 2. In a large Dutch oven or heavy-bottomed pot with a lid, sauté the bacon in 1 Tbsp oil over medium-low heat for 8 to 10 minutes, until the fat is rendered and the bacon is slightly brown. Remove to a large bowl with a slotted spoon. Pour off all but 2 Tbsp of the drippings. Turn heat to medium until fat is almost smoking.
- 3. Place the beef on a plate and pat dry with paper towels (it will not brown if it is damp). Sauté it, a few pieces at a time, until it is nicely browned on all sides, about 8 minutes per batch. Add it to the bowl with the bacon.
- 4. Add the carrot and onion to the pot. Cook until the onion is translucent and softened and the carrot is lightly browned, about 10 minutes.
- 5. Return the beef and the bacon to the pot and season with salt and pepper. Sprinkle the beef mixture with the flour and toss to coat. Cook, tossing occasionally, until the flour completely coats the beef and browns slightly, about 3 to 4 minutes.
- **6.** Stir in the wine and 3 cups stock so that the meat is barely covered. Add the tomato paste, garlic, thyme, and bay leaf; increase heat to high and bring to a simmer. Cover

- 7. Meanwhile, prepare the mushrooms and onions: Melt the butter and 1 Tbsp oil in a large skillet over high heat. Add the mushrooms and toss and shake the pan until they are browned, about 5 minutes. Season with salt and pepper; transfer to a bowl. Add the remaining Tbsp oil to the skillet over medium heat. Add the onions and sauté for about 10 minutes, moving the onions around in the pan so they brown as evenly as possible without breaking apart. Add the remaining cup of stock, season with salt and pepper, and simmer until the stock is reduced to a syrupy glaze and the onions are tender, 5 to 10 minutes. Transfer to the bowl with the mushrooms; set aside.
- 8. Remove pot from oven and stir in the onions and mushrooms. Set pot, uncovered, over medium-low heat and simmer to reduce the liquid slightly, about 5 minutes. Taste for seasoning and serve. (May be made, cooled,

and refrigerated up to 3 days before serving.) Makes 6 servings. Per serving: 491 cal, 25 g fat (8 g sat fat), 50 g protein, 14 g carb, 3 g fiber.







Build endless possibilities.





OLIVE OIL-POACHED COD

Fish is annoyingly easy to mess up, but not with this recipe from megarestaurateur and *Chopped* judge Geoffrey Zakarian. The olive oil gently cooks the flesh while sealing in all the moisture to keep it tender and light. Definitely let the cod rest for the full five minutes before you remove it from the oil; if you try to do it too soon, you'll risk the fillets flaking apart.

Adapted from *My Perfect Pantry* by Geoffrey Zakarian

Active: 25 minutes Total: 25 minutes

- cups extra-virgin olive oil, plus more as needed
 Zest of 1 lemon, removed in strips with a peeler
- 4 sprigs tarragon
- 2 dried bay leaves
- 1/2 tsp crushed red pepper flakes
- 4 skinless cod fillets (about 6 oz each, 1½ to 2 in. thick)
 Kosher salt and black pepper

- 1. In a straight-sided sauté pan just large enough to hold the cod in 1 layer, combine the olive oil, lemon zest, tarragon, bay leaves, and red pepper. Heat over medium-low until the oil reaches 200°F on an oil/candy thermometer; this should take about 10 minutes. (If you're not using a thermometer, you can tell the oil is at the correct temperature when you see a very subtle rippling on its surface.)
- 2. Season the cod with salt and pepper and gently place in the oil in a single layer, making sure it is completely submerged in the oil. Poach until just cooked through, 8 to 10 minutes, depending on the thickness of the fillets. Remove pan from heat and let the cod cool in the oil for 5 minutes, to firm the fillets and make them easier to lift from the pan.
- **3.** Remove the fillets with a slotted spatula. Serve with a sprinkling of salt and pepper.

Makes 4 servings. Per serving: 243 cal, 15 g fat (2 g sat fat), 27 g protein, 0 g carb, 0 g fiber.

Give your child Rice Krispies and see what they create.











Rustic-chic buys that'll bring a laid-back



- 1 Fun fact: Soda, beer, even water tastes better when it comes from a vintage-y cooler. Picnic cooler, \$69.95; crateandbarrel.com.
- **2** In this case, the *mirror* might just be the fairest of them all. Starburst mirror, \$69.99; homegoods.com for stores.
- **3** A straight-from-the-farmhouse pendant that also comes in lime and a perky watermelon pink. Young House Love farmhouse pendant, \$69; shadesoflight.com.
- 4 Just shy of 15 inches wide, this petite side table tucks into tiny spaces but still provides a ton of storage. Maggie Country storage tower, \$89,99; overstock.com.
- **5** Plates that would be charming on a table or hanging on your kitchen wall. Farmer's market plates, \$19.95 for set of 4; papersource.com.
- **6** Sturdy and sweet in equal measure: This rattan seat can live outdoors or in your living room as a whimsical accent. Chair, \$69.99; ikea-usa.com.
- **7** A traditional lamp shape meets low-key burlap-y goodness. Kathy Ireland Home Hampton metal table lamp, \$99.91; lampsplus.com.
- **8** This handmade-looking pillow is the bee's knees. Wool hooked throw pillow, \$39; Ilbean.com.
- 9 There's plenty of room here for the stack of unread magazines you're totally going to get to this summer. Original Cottage coffee table, \$79.99; sauder.com (free shipping with code REDBOOK2015).
- 10 Without bulky arms, a mod slipper chair is the ultimate space-saving, put-it-anywhere piece.
 Allegro Ziggi upholstered accent chair, \$99.97; walmart.com.
- 11 Never forget your keys or to pick up milk with this amazingly useful (and cute!) catchall. Dual-drawer chalkboard wall shelf, \$39; urbanoutfitters.com.
- **12** One big blossom in a bud vase is so pretty, but a whole group of them? *Chic.* Imax mini six-piece vase set, \$55.99; wayfair.com.
- **13** As all-American as, well, cherry pie. Cherry salt and pepper shaker set, \$14.95; pier1.com.
- **14** Make even a plain paper plate look special by putting it on a bright placemat. Echo Lattice Geo placemats, \$24 for 4 in a single color; echodesign.com.

country cottage vibe to your house.





4 GENIUS HOSTESSING HACKS Keep everyone—including you—hydrated, fed, and happy.

"If you're having more than 10 people, make the food easy—go potluck all the way," says Rachel Hollis of The Chic Site blog. "When you send around your e-vite, include a list of sign-ups. People tend to be great about chipping in when they know exactly what you need them to do."

Even the best party can be foiled by blazing-hot weather. To help your guests stay cool, take squares of paper towels, fold them in half, roll them up, get them just a bit damp (not soaking wet), then freeze them. When it's time to party, put out a cooler full of these refreshing towels.

"Here's a great tip for keeping flies at bay:

Cut a lemon in half and add cloves to it," suggests Victoria Hudgins of the blog A Subtle Revelry. "Set the lemon halves out in bowls 30 minutes before food will be going on the table. Plus, the lemony smell is so lovely."

Keep your ice bucket chilled for hours by adding a big splash of cold water and a dose of table salt to the mix. The salt lowers the temp of the mixture, so the

ice doesn't melt as

was useful for life.

quickly. Chemistry 101

Set it and forget it

The best kind of party is one with minimal cleanup. These cute sets of disposable tableware and unbreakable melamine serving pieces will net you compliments without keeping you up all night scrubbing dishes.



MAKE MEMORIES

A photo booth is guaranteed to bring out the wacky in people. D.I.Y. one like this:

Set the scene Hang a line and use clothespins to attach a sheet, then tack up a garland. And you need props: a large picture frame, funky hats, glasses, dress-up clothes. Bonus points for the neighborhood dad who's man enough to wear the princess dress.



Take the photos Have a selfie stick (about \$20 on Amazon) on hand; create a hashtag for Instagram so you all can see the pics. Or, designate an iPhone or iPad for photos and download the Pocketbooth app (\$0.99). It'll take a series of shots (like a real photo booth) that you can print or post. Or go retro with an instant film camera (Fuji makes one for \$70). Then get snapping!

CLOCKWISE FROM TOP LEFT: Cheeky Home stripe plate, \$3.99 for 30, and scalloped plate, \$3.99 for 30; target .com for stores. Party Partners Design 24-piece disposable cutlery set, \$10; amazon.com. Q Squared melamine platter, \$42; gracioushome.com. Salad server set, \$24.95; pier1.com. Ideal Home Range napkins, \$6.20 for 20; amazon.com. Serving bowl, \$20; surlatable.com. 24-piece plastic cutlery set, \$2.49; partypail.com. Plate, \$4.95 for 8; landofnod.com. Banquet paper plate, \$3.39 for 8; partypail.com. Ant tablecloth weights, \$13 for 4; celebratethehome.com (20% off with code REDBOOK20). Salad server set, \$5.99; ikea.com. Napkins, \$2.17 for 16; partycity.com. Cups, \$1.99 for 8; orientaltrading.com. Beverage tub, \$12.99; target.com. Two's Company paper placemat, \$21.56 for 48-piece pad; amazon.com. Plastic tumblers, \$9.99 for 40; partycity.com. Zak! serving bowl, 4-piece set, \$31.12; wayfair.com.



Fun drinks for everyone

Our in-house bartender, Mommy Mixologist Kim Haasarud, shares the easy big-batch recipes that work with or without the booze.

WATERMELON-RASPBERRY PUNCH

- 8 cups cubed watermelon (1 large-ish melon)
- 6 limes, cut into 1/4-in. wheels
- 2 59-oz bottles raspberry lemonade (like Simply Raspberry Lemonade)
- liter white/silver rum, such as Cruzan or Bacardi (optional)

Combine 7 cups watermelon, half of the lime wheels, the raspberry lemonade, and the rum (if using) in a beverage dispenser with a tap. Stir well. Refrigerate for at least 30 minutes for flavors to meld. Add the remaining cup of watermelon and limes, and serve. *Makes 12 to 14 servings*.

GRAPEFRUIT FRESCA FIZZ

- I 60-oz bottle or carton grapefruit juice
- 2-liter bottle or 6 cans Fresca (or another grapefruit soda)
- liter vodka, gin, or reposado tequila (optional)
- 2 ruby red grapefruits, cut into quarters and sliced
- 4 limes, cut crosswise into 1/4-in. wheels

Combine grapefruit juice, Fresca, and your booze of choice (if using) in a punch bowl or beverage dispenser. Add the grapefruits and limes for garnish; serve immediately.

Makes 12 to 14 servings.

GAMES ARE A MUST

Keep the kids (and adults) occupied with these activities, none of which necessitates a trip to the toy store.

BEANBAG LADDER TOSS

Blogger Landee Anderson gave us this clever idea: Tape signs with point values on each step of a ladder, then toss beanbags (they can be socks filled with rice and knotted) between the rungs.



SPOON RACE

Divide into teams, then have the first person run to the edge of the yard and back while balancing a water balloon on a spoon. Break the balloon? Start all over! (So much less wasteful and icky—than using eggs.)



RING TOSS

Line up soda bottles like bowling pins and try to hook a mason jar lid ring around one.



Shop the issue

MAKE UNDER-EYE BAGS DISAPPEAR

Page 22: Mally Beauty Perfect Prep Soothing Eye Gel, \$35; mallybeauty.com. Mally Beauty Cancellation Concealer, \$35; mallybeauty.com.

DOUBLE YOUR GLOW

Page 33: Sephora Collection Sun Disk Bronzer, \$24; sephora.com. Bobbi Brown Shimmer Brick, \$46; bobbibrowncosmetics.com.

BEAUTY UNDER \$25

Page 35: Spongellé Body Buffer, \$16; ronrobinson .com. Bumble and Bumble Don't Blow lt (H)air Styler Cream, \$14 for 2 oz; bumbleandbumble.com. Clean Cool Cotton Rollerball, \$20 for 0.34 oz; clean perfume.com. CK One Color Into the Blue Powder Eyeshadow, \$15; ulta.com. Tweezerman ProCurl Lash Curler, \$20; sephora.com. OPI Infinite Shine Gel Effects Lacquer, \$12.50 each; ulta.com. Jane Iredale PlayOn Lip Crayon, \$18; janeiredale.com. Nest Fragrances Liquid Soap, \$22; nestfragrances.com. The Body Shop Vitamin C Instant Glow Enhancer, \$24; thebodyshop-usa.com. BareMinerals Ready Touch Up Veil, \$23; bareminerals.com.

LOVE YOUR HAIRCUT

Page 37: Harry Josh Pro Tools Pro Dryer 2000, \$250; dermstore.com.

Page 38: Drybar Smooth Operator Smoothing Iron, \$125; thedrybar.com.

Page 40: Living Proof No Frizz Nourishing Styling Cream, \$26 for 4 oz; livingproof.com.

SECRETS OF A 51-YEAR-OLD BOMBSHELL

Page 46: Burberry Fresh Glow Blush, \$38; burberry com. Guerlain Vétiver eau de toilette, \$72 for 50 ml; bloomingdales.com. Essie nail polish, \$8.50; essie.com. Unite Beach Day Texturizing Spray, \$29.95; unitehair.com. RMS Beauty "Un" Cover-Up concealer, \$36; rmsbeauty.com. The Super Elixir supplement, \$135 for 300 g; net-a-porter.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 48: Ralph Lauren eau de toilette, \$74 for 100 ml; ralphlauren.com. Philosophy Sea of Love eau de toilette, \$46 for 2 oz; philosophy.com. Skinfix Daily Lotion, \$17.99; target.com. Dior 5 Couleurs Eyeshadow Palette in Victoire #166, \$62; dior.com. Sonia Kashuk Ombré Obsessed Seven-Piece Brush Set, \$25.99; target.com. Sun Bum Beach Formula Sea Spray, \$14.99; trustthebum.com. Alterna Haircare Bamboo Beach Summer Ocean Waves Spray, \$22; alternahaircare.com.

MORE STYLE EVERY DAY!

Page 51: Rebecca Minkoff earrings, \$48; rebecca minkoff.com. Nautica blouse, \$98; nautica.com. HTC One M9 phone, \$649; htc.com. Trollbeads rings, \$91 each; trollbeads.com. Moon and Lola bracelet, \$42; moonandlola.com. Rachel Rachel Roy skirt, \$89; macys.com. Surface 3 by Microsoft tablet, from \$499; microsoftstore.com. Surface 3 Type Cover tablet cover, \$130; microsoftstore.com.

WORK DETAIL

Page 52: 525 America top, \$138; 525 america.com. RD Style vest, \$100; rdstyle.com. White House Black Market pants, \$98; whbm.com. Gorjana cuffs, \$138 and \$120; gorjana.com. J.Crew pumps, \$258; jcrew.com. Merona for Target bag, \$39.99; target.com. Echo scarf, \$38; echodesign.com. Page 53: LC Lauren Conrad pumps, \$59.99; kohls.com. Audrey Brooke pumps, \$59.95; dsw.com. Fossil bag, \$248; fossil.com. Graphic Image key fob, \$25; graphicimage.com. Shinymix cuff, \$32; shinymix.com. Marlyn Schiff cuff, \$42; marlynschiff.com. Talbots scarf, \$59.50; talbots

.com. Sonix **phone case**, \$39.99; sonixcases.com. iPhone 6 Plus **phone**, from \$299; apple.com. **Page 54**: Massimo Dutti **scarf**, \$110; massimodutti .com. Joe Fresh **top**, \$34; joefresh.com. Armitron **watch**, \$65; armitron.com. Vince Camuto **belt**, \$48; vincecamuto.com. Banana Republic **skirt**, \$110; bananarepublic.com. Tommy Hilfiger **shoes**, \$89; tommy.com.

Page 55: Aerosoles booties, \$89; aerosoles.com. Clarks booties, \$140; clarksusa.com. Bindya NY scarf, \$138; chictweak.com. L.L.Bean belt, \$69; llbean.com. Gap belt, \$29.95; gap.com. Timex watch, \$70; timex.com. Michael Kors watch, \$195; michaelkors.com. Lacoste watch, \$185; macys.com. Sloane Stationery notebook, \$52; onekingslane.com.

Page 56: JustFab shoes, \$39.95; justfab.com.
Calvin Klein shoes, \$109; calvinklein.com. French
Connection bag, \$68; usa.frenchconnection.com.
Amazon Fire HD 7 tablet, \$139; amazon.com.
Janna Conner Designs choker, \$175; jannaconner.
com. Melinda Maria necklace, \$118; melinda
maria.com. Lands' End belt, \$29; landsend.com.
Ann Taylor belt, \$49.59; anntaylor.com.
Page 57: Nissa Jewelry choker, \$123; nissa
jewelry.com. Blaque Label shirt, \$119; floramia.
com. The Limited blazer, \$120; thelimited.com.
L.L.Bean belt, \$59; llbean.com. Lisette L Montreal
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\$525; dooney.com. Dune London loafers, \$118;
dunelondon.com.

Page 58: Corinne McCormack glasses, \$62; corinnemccormack.com. Stella & Dot necklace, \$59; stelladot.com. Donna Morgan dress, \$138; donna-morgan.com. Express bracelets, \$26.90 for set; express.com. Ann Taylor clutch, \$68; anntaylor.com. Deux Lux clutch, \$80; deuxlux.com. Page 59: Banana Republic clutch, \$120; bananarepublic.com. Boden clutch, \$108; bodenusa.com. Shinymix necklace, \$34; shinymix.com. Samsung Galaxy Tab S 8.4 tablet, \$399; samsung.com. Eyebobs glasses, \$79; eyebobs.com. EyeBuyDirect glasses, \$39; eyebuydirect.com. Capwell+Co. bracelet, \$59; capwell.co.

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ALISON'S COVER LOOK

On the cover: Dress: Christiano Burani. Earrings, bracelets, and rings: Melinda Maria. Get Alison's cover look with Voluminous Butterfly Intenza Mascara, True Match Blush in Soft Sun, and Infallible Pro-Last Lipcolor in Heaven to Henna by L'Oréal Paris; Complete Salon Manicure nail polish in Sheer Ecstasy by Sally Hansen; and De-Constructed Beach Chic Texturizing Spray by Garnier Fructis.











REDBOOK hosted its annual MVP Beauty Awards

on June 1, 2015, at the Hearst Tower in New York City, celebrating the best products of the year. Guests enjoyed cocktails and hors d'oeuvres, express beauty treatments, an exclusive book signing by celebrity host Hoda Kotb, and an amazing swag bag filled with winning products.









🕦 MVP judge Dr. Ellen Marmur is thrilled with her new style, courtesy of the pros at Dreamdry. 🥹 Beauty director Victoria Kirby, celeb host Hoda Kotb, and editor-in-chief Meredith Rollins are sitting pretty at The Bosco station. 3 The P&G Beauty team sips and smiles alongside host Hoda Kotb. 4 Danielle Cohen from PHD listens intently to brow-shaping advice from Sania's Brow Bar. 5 Vera Bradley representative Natalie Hugon poses with editor-in-chief Meredith Rollins and publisher Sue Katzen. 6 Liz Haag of BASH Entertainment interprets the lip print of Lisa Figel of J&J. 70 Guests enjoy a quickie manicure from the tenoverten team.

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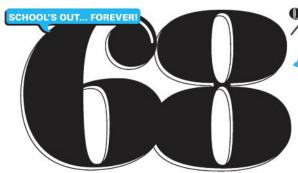






What happy women know

Over 1,000 women weighed in on the things that bring them joy. The encouraging results (it doesn't take much) may just boost your mood.



OF HAPPY WOMEN SAY THEY ARE

AS **ADULTS** THAN THEY WERE AS

> **YEP,** LIFE IS WAY BETTER WITHOUT LUNCHROOM POLITICS.

THOUGH THE MAJORITY OF US (84%)

ARE SATISFIED WITH LIFE,



CONCLUSION: CASH CAN'T BUY YOU HAPPINESS, BUT IT CAN CANCEL OUT BILL STRESS.

AĽSO SAY THEY'RE HAPPY WITH LIFE IN **GENERAL**

Your happiest place



HOME



SAY THE GREAT OUTDOORS



SAY **WORK** DO YOU WORK AT DISNEY WORLD?

Who makes you *smile* the most?

OF WOMEN SAY **PARTNFR MAKES THEM KIDS** (37%)

BFF (19%).

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THAN A SUPER-EXCITING ONE WITH MORE HIGHS AND LOWS.

IT'S THE LITTLE THINGS

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THAT **OVERJOYED** FEELING YOU GET WHEN YOU CLEAN OUT THE JUNK DRAWER? **JUSTIFIED**.



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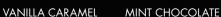
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